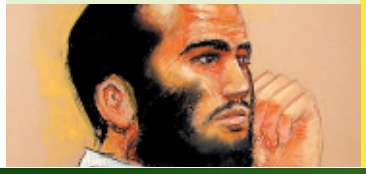
Lotto MAX
FRIDAY'S JACKPOT
$50 MILLION
estimated
10 MAXMILLIONS
estimated

KHADR SLAMS JUSTICE SYSTEM
ATTEMPT TO FIRE LAWYER DENIED {page 8}



'A FREE MAN'
SWISS RELEASE DIRECTOR POLANSKI
U.S. PURSUIT OVER? {page 20}

TORONTO metro®
Tuesday, July 13, 2010
www.metronews.ca

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CFL. Warm-up

▶ Kyron Parker, 5, goes through warm-ups with his dad, Argos cornerback Byron Parker, yesterday.

RICHARD LAUTENS/TORSTAR NEWS SERVICE

Argos ready to set sail tomorrow

The Toronto Argonauts held a practice yesterday at their training facility at U of T's Erindale campus. They play their home opener tomorrow against the Calgary Stampeders.

Take your work worldwide

Learning a new language can broaden career horizons {page 31}

Raps continue lineup revamp

Colangelo dealing away Evans, Turkoglu, Calderon {page 36}

No honour crimes in code: Feds

Minister suggested Ottawa was 'looking at' changing Criminal Code to include killings But Justice Dept. says all intentional deaths are considered murder

The Conservative government dispatched one of its ministers yesterday to Mississauga, where a 16-year-old girl was killed by her father and brother, to condemn so-called honour killings, but it appears Rona Ambrose may have spoken out of turn.

The event included a statement from the minister for the status of women, but no program or funding announcement was made, and the news to emerge was that Ambrose said Ottawa is "looking at" amending the Criminal Code to include so-called honour crimes.

When asked if the government was considering such changes, she replied that it was under consideration. "I'll say that it's something that we're looking at," she said. "Nothing more than that at this time."

However, when contacted for more details, a spokeswoman for the Department of Justice said that is not the case.

"There are currently no plans to do that," said Pamela Stephens. "While we're always interested in new input into ways to improve the Criminal Code, currently honour killing suggests a certain motive or conduct. But regardless of the motive the law as it exists in Canada is clear that intentional killing is murder, regardless of the motive."

"In Canada all girls and women are equal to men under the law and have the right to live free from violence and abuse."
MINISTER FOR THE STATUS OF WOMEN RONA AMBROSE

In her statement in Mississauga,, Ambrose said honour killings have no place in Canadian society and urged women's groups to submit project proposals for funding to prevent future violence.

The city was home to 16-year-old Aqsa Parvez, who was killed in 2007 by her father and brother after repeated conflict with her family over her desire for some independence.

THE CANADIAN PRESS

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Tories: SuperCorp death a decoy

The Ontario Liberals are trying to deflect attention from consumer anger over a slew of new taxes by publicly killing the idea of forming a so-called SuperCorp as a solution to their deficit woes, the Opposition charged yesterday.

Taxpayers are "incensed" about the HST and a surprise eco fee that slipped in under the radar July 1 and the government is trying to dodge criticism, said deputy Progressive Conservative leader Christine Elliott.

"Now that they've run into a lot of flak with the new eco tax, how surprising they're trying to change the channel once again with this announcement."

The SuperCorp scheme — which would have merged Ontario's massive electricity, gambling and liquor corporations then sold a percentage to private investors — should never have been on the table, she added.

"It's just a dumb idea to begin with, to bring such disparate elements together and then try to sell them off in a chunk as a SuperCorp," she said. "It makes absolutely no sense."

The government is reportedly backing off the SuperCorp idea to reduce the province's $21.3-billion deficit because it raised a host of accounting issues and major investors failed to warm to it.

THE CANADIAN PRESS

RENE JOHNSTON/TORSTAR NEWS SERVICE

▶ Ontario Deputy Progressive Conservative leader Christine Elliott.

Some kids left in a summer daze

Low-income kids often left with little to do Poll shows only 1 in 4 parents plan summer activities

Ask 14-year-old Arrisan if he's excited to be on summer holiday and you might not get the answer you're expecting.

"Not really," the Grade 9 student said with a shrug, standing by the Eaton Centre food court on a recent afternoon.

Arrisan, who declined to give his last name, said he prefers the structure of school — where he "actually learns something." He spends the summer hanging around the city, exploring and occasionally acting as a tour guide for out-of-town relatives.

Andrea Cohen is the executive director of a large network of community health centres in low-income neighbourhoods.

She said lack of access to summer activities is a "huge issue" among parents.

"It's a constant reminder of the have-nots."

COMMUNITY WORKER ANDREA COHEN ON A LACK OF SUMMER ACTIVITIES FOR LOW-INCOME CHILDREN

"I think those are the instances where disparity in income really becomes pronounced," Cohen said, noting that while some middle-class kids are able to benefit from a family cottage, trips out of town, or camp, kids from low-income families may end up spending summer on the couch.

"It's a constant reminder of the have-nots," she said.

In some cities, subsidies are available for summer camp. Toronto, for example, still has spots for subsidized summer camps offered throughout the city.

THE CANADIAN PRESS

STEVE RUSSELL/TORSTAR NEWS SERVICE

▶ Hanging out at the Eaton Centre can be the extent of summer activities for many local kids.

1 news

On the web at metronews.ca

Alberta farmers join ranks of oilsands critics. Video at metronews.ca/canada

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Correction

A photo of a skateboarding event in the July 12 edition of Metro incorrectly indicated the event was held in Mississauga over the weekend. It was, in fact, an archive photo. Metro apologizes for the error.

CRIME

Stabbing suspect charged

Toronto police say and a suspect in a stabbing has been charged, and a seven-month-old child they were concerned about is safe.

Police had been searching for a suspect after a woman allegedly stabbed her former common-law husband.

The man received non-life-threatening injuries.

Investigators had said the suspect arrived and left a home with her child.

A woman who surrendered to police has been charged with assault with a weapon and mischief, and police say they have confirmed the child is OK.

THE CANADIAN PRESS

Ramage loses bid for new trial

TANNIS TOOHEY/TORSTAR NEWS SERVICE

▶ Rob Ramage

Former NHL player Rob Ramage began serving a four-year prison sentence yesterday after losing a bid for a new trial on impaired driving charges in a car crash that killed another ex-NHL player.

Ramage, 51, was convicted in 2007 of four charges including impaired driving causing death in the crash that killed his friend Keith Magnuson.

In addition to the prison sentence, Ramage received a five-year driving ban, but had been out on bail and living in the United States.

The decision rejecting the appeal was filed by the Ontario Court of Appeal on Friday and Ramage surrendered to police yesterday, his lawyer Brian Greenspan said.

"He will now commence serving his sentence," Greenspan said. "I think it's fair to say that it is unlikely the matter will be pursued further."

Efforts will be made to go through the system as quickly as possible and have Ramage "released to a halfway house at the earliest available time," he said.

Magnuson, 56, was killed when a rental car driven by Ramage slammed head-on into another vehicle north of Toronto in December 2003. THE CANADIAN PRESS

The cleaner way? Not quite: Audit

DAVID COOPER/TORSTAR NEWS SERVICE

▶ TTC service person Paul DaSilva scrapes gum off the platform in the Bloor Yonge Station.

TTC washrooms, collector booths, floors, concessions part of assessment

The TTC is marginally cleaner than it was two years ago. But an audit of 69 stations shows none of them meet the highest standard of cleanliness being applied to the system.

The May audit shows 45 of the TTC's 69 stations were ranked 60 to 70 per cent out of 100 for their cleanliness. That score, described as "casual inattentiveness," was an improvement over the Feb. 2008 results, which showed only 29 stations did that well.

Twenty-one stations scored between 70 per cent and 80 per cent this year.

The four worst stations are: Eglinton West, Yorkdale, Harbourfront and North York.

The five best are: High Park, Wilson, Midland, Lawrence East and Bessarion.

According to a report before the city councillors on the Toronto Transit Commission tomorrow, none of the stations were on the bottom rung of "unkempt neglect" and only four stations in the city scored below 60 per cent.

It would likely take another 70 cleaners, in addition to the TTC's 240 staff janitors, to make a substantial improvement on the system's current condition, said transit commission chair Adam Giambrone.

"There are so many components to the stations. You've got to make sure they're all being improved. You've got to have good plans and good execution and you've got to have the workforce."

GARY SHORTT, TTC SUPERINTENDENT OF PLANT MAINTENANCE

"You're probably not going to have stations in the 90 per cent-and-above rate. You'd (need to) basically have people on every platform waiting with a broom," he said.

A more realistic scenario would have most stations scoring around the 80 per cent range, said Giambrone.

The TTC is planning to increase its cleaning staff by 78 positions by 2013, according to the report.

TORSTAR NEWS SERVICE

Shooting footage gathered

Toronto police are gathering surveillance video from the area of a Chinese restaurant where a 17-year-old boy was shot and killed early Saturday.

Police say Tien Pham was sitting in the restaurant about 3 a.m. when a suspect entered from the back, walked up to Pham, shot him in the head and left again through the rear.

The suspect is described as a black man in his early 20s with a shaved head, light complexion and wearing white-rimmed glasses. THE CANADIAN PRESS

TORONTO TRANSIT COMMISSION AND THE CITY OF TORONTO

NOTICE OF COMPLETION OF AN ADDENDUM REPORT TO THE TORONTO-YORK SPADINA SUBWAY EXTENSION

Downsview Station to Steeles Avenue Individual Environmental Assessment Changes to Tunnel Construction Methods, Station Location and Horizontal and Vertical Alignment

The Toronto Transit Commission (TTC) and the City of Toronto have undertaken a study to amend the approved Environmental Assessment (EA) for the "Spadina Subway Extension – Downsview Station to Steeles Avenue" which was approved by the Minister of the Environment in October 2006. The amendment studied the environmental effects resulting from the:

- Change to the construction method from cut and cover construction to tunnelling for a distance of 425± metres between Sheppard Avenue West and the Canadian National (CN) Rail right-of-way;
- Modifications to the vertical and horizontal alignment between Downsview Station and Keele Street;
- Lowering of the Sheppard West Station box by 4± metres and relocating the station box 100± metres east directly below the CN Rail right-of-way; and
- Integration of the design and construction of a GO Transit Rail station within the CN Rail right-of-way directly above and integrated with the relocated Sheppard West subway station.

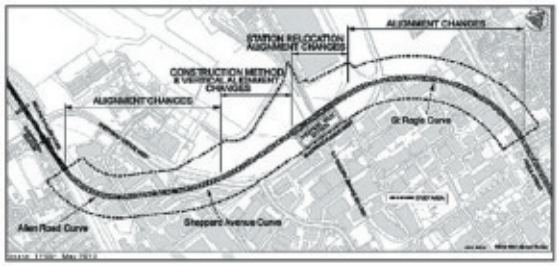
A change in construction method triggered the requirement to prepare an EA Addendum Report. The revised construction method has scheduling and budgetary benefits and will result in reduced construction effects.

The project is being assessed as an amendment to an Individual EA in accordance with the requirements in the Ontario *Environmental Assessment Act*. A Notice of Preparation of an Addendum Report was issued on January 20, 2010. The Addendum Report has now been completed and describes the effects on and potential mitigation to the environment as a result of the proposed change.

Input from members of the public is very important in assessing this proposed amendment. The Addendum Report is now available for public review. As required in the Notice of Approval to Proceed with the Undertaking, dated April 18, 2006, the Addendum Report is available for review at the following locations:

- **Regional Directors Office:** Ministry of the Environment, 2 St. Clair Ave W. Fl. 12A, Toronto
- **City of Toronto, City Clerk's Office:** Toronto City Hall, 12th Floor, West Tower, 100 Queen Street West, Toronto, Ontario, M5H 2N2

The Addendum Report is also available for review on the Toronto-York Spadina Subway Extension (TYSSE) project website at www.spadina.ttc.ca . Comments on the Addendum Report should be provided to the TTC within 30 calendar days of this Notice (and no later than August 12, 2010). **Comments can be written and mailed to the contact identified below or e-mailed to TYSSE@ttc.ca with "Sheppard West Station EA" in the subject line.** You may also contact (416) 393-4001 if you have questions or comments. If no comments are received then the project will proceed.



Toronto Transit Commission
Joanna Kervin, P. Eng.
Deputy Chief Project Manager
Third Party, Planning & Property
Toronto-York Spadina Subway Extension
5160 Yonge Street, Suite 1100, Toronto, ON M2N 6L9

Please note that the information related to this Study will be collected in accordance with the *Freedom of Information and Protection of Privacy Act*. With the exception of personal information, all comments received will become part of the public record and may be included in Study documentation prepared for public review. Thank you for your interest in this study.

This notice was first issued on July 12, 2010.

TORONTO

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News in brief

JIM WILKES/TORSTAR NEWS SERVICE

▶ Jaggi Singh

Jailed activist makes bail

G20 ARRESTS. A prominent activist was among two people granted bail yesterday after being arrested in the G20 protests.

Jaggi Singh turned himself in to police on July 6, after an arrest warrant was issued for him following the demonstrations.

He was granted release with $85,000 bail yesterday from three sureties, including Amir Khadir, a provincial politician with the Quebec Solidaire party.

Tent recalled

SEARS. Sears Canada has issued a safety recall for a Hillary three-person camping tent because it doesn't meet Canadian flammability requirements.

The dark and light blue dome-style tent was sold through Sears Canada retail stores, online and catalogue since March 2009 at a regular price of $99.99. The Sears item number is 75025.

Suburbs hit by string of heists

HALTON. Police are investigating four bank robberies that occurred minutes apart yesterday in Halton Region.

Police say two of the robberies occurred in Burlington, along with two in Oakville, in a span of just over an hour.

No one was injured.

No more 10 a.m. first call

DRINKING. Now that the World Cup is over, so are the extended liquor service hours in Ontario. They've now returned to the regular 11 a.m.

THE CANADIAN PRESS

Most support G20 policing, poll suggests

Meanwhile, opposition parties want inquiry into police conduct

A new poll suggests most Canadians believe the police response to the G20 protests was appropriate.

Hundreds of people were arrested at the Toronto summit of world leaders last month amid damage to shops and cars in the city's downtown.

Some protesters complained of police violence, threats and mistreatment in custody.

A Harris-Decima survey for The Canadian Press found that two-thirds of people polled felt the police response was appropriate, while about one in five said it was inappropriate.

And two-thirds of those surveyed doubted a future G8 or G20 meeting could be held in Canada without violence and property damage.

Despite the raucous Toronto protests — attributed to a relatively small group of hardcore activists — just over half of people surveyed were in favour of Canada hosting such meetings in future.

That was down from the pre-summit level of 68 per cent.

Just over 1,000 Canadians were surveyed.

THE CANADIAN PRESS

Breakdown

- **Consensus** The poll indicates a majority in all regions and across all groups felt the police response in Toronto was appropriate.
- **Dissenters** Younger Canadians and those in Quebec were most likely to say it was inappropriate.

JIM RANKIN/TORSTAR NEWS SERVICE

▶ This 33-year-old man was stopped and searched by police near Queen's Park during the G20 summit last month.

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Vancouver	Travel Aug 5/ws	one-way $219 + taxes & fees $91
London	Travel Aug 23 - Aug 31/ts	$349 + taxes & fees $406
Vienna	Travel Sep 13 - Sep 21/ts	$349 + taxes & fees $327
Paris	Travel Oct 4 - Oct 16/ts	$369 + taxes & fees $363
San Francisco	Travel Aug 18 - Aug 28/dl	$389 + taxes & fees $152
Rome	Travel Sep 12 - Sep 20/ts	$399 + taxes & fees $315
Seattle	Travel Aug 18 - Aug 25/dl	$419 + taxes & fees $137
Barcelona	Travel Sep 25 - Oct 3/ts	$499 + taxes & fees $306
Honolulu	Travel Aug 18 - Aug 25/aa	$699 + taxes & fees $129

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CRUISE roundtrip Miami and visit Grand Cayman, Roatan, Belize City & Cozumel. Sails Dec 12/cnv.

Gulf of Alaska 7-Night Cruise $549^
Diamond Princess + taxes & fees $96^
CRUISE from Anchorage (Whittier) to Vancouver and visit College Fjord (cruising), Glacier National Park (cruising), Juneau, Ketchikan, Skagway & cruise the Inside Passage. Sails Sep 4/prn.

Mediterranean 7-Night Cruise $719
Celebrity Constellation + taxes & fees $127
CRUISE roundtrip Barcelona and visit Nice (Villefranche), Genoa, Florence/Pisa (Livorno), Rome (Civitavecchia) & Naples. Sails Nov 11/cel.

Canada & New England 10-Night Cruise $799^
MS Eurodam + taxes & fees $133^
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NH Krystal Laguna + taxes & fees $233
Departs Aug 28/acv/ac.

Manzanillo de Cuba 7 Nights 3-Star $295
Club Amigo Marea del Portillo + taxes & fees $220
Departs Jul 21/swg/wg.

Punta Cana 7 Nights 4-Star $490
Sirenis Cocotal + taxes & fees $332
Departs Aug 12/sqv/ws.

Europe Vacations

Croatia 8-Day Tour **$1072**
Destination Dalmatian Coast taxes & fees included
HIGHLIGHTS Dubrovnik, Korcula, Hvar and Split. Departs Dubrovnik. Departs Aug 28/itp.

Barcelona Calella, Air + 7 Nights $887
Apartamentos Neptuno + taxes & fees $306
INCLUDES airport transfers and accom with kitchenette in Calella, close to the beach and less than 1 hour from Barcelona. Departs Sep 11/vat/ts.

Vienna & Budapest Air + 7 Nights $1259
City hotel Matyas & Austria Trend Favorita + taxes & fees $327
INCLUDES roundtrip air to Vienna, airport transfer to train station, roundtrip train to Budapest, 3 nights Budapest, accom, 4 nights Vienna accom and breakfast daily. Travel Aug 2 - 10/vat/ts.

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INCLUDES air, transfers, first 2 nights Athen accom, 3-night Greek Island & Turkey cruise and last 2 nights Athens accom. CRUISE roundtrip Athens and visit Mykonos, Kusadasi (Turkey), Patmos, Crete & Santorini. Depart Aug 5/vat/ts.

Canada & USA Vacations

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Las Vegas Long Weekend Air + 4 Nights 3-Star $295
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Departs Aug 1/swg/wg.

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- 59 First Gulf Blvd.
- 100 Great Lakes Dr.
- 10086 Hurontario St.
- Bramalea City Centre
- Shopper's World

BURLINGTON
- 1100 Walker's Line
- Appleby Crossing
- Burlington Mall
- Mapleview Mall

CAMBRIDGE
- 499 Hespeler Rd.
- Cambridge Center

COBOURG
- Northumberland Mall

COOKSTOWN
- Cookstown Outlet Mall (kiosk)

ETOBICOKE
- Cloverdale Mall
- Sherway Gardens
- Woodbine Centre

GEORGETOWN
- 330 Guelph St.

LINDSAY
- 229 Kent St.
- Whitney Town Centre

MAPLE
- 2810 Major Mackenzie Dr.

MARKHAM
- 7357 Woodbine Ave.
- Market Village
- Markville Shopping Centre
- Pacific Mall

MILTON
- 377 Main St E

MISSISSAUGA
- 6965 Davand Dr.
- 980 Eglinton Ave. E
- Dixie Value Mall
- Erin Mills Town Centre
- Heartland Power Centre
- Sheridan Centre
- Square One Shopping Centre
- Westgate SmartCentres

NEWMARKET
- Upper Canada Mall

NORTH YORK
- 170 Rimrock Rd.
- 2081 Steeles Ave. W
- Bayview Village
- Centerpoint Mall
- Crossroads Plaza
- Empress Walk
- Lawrence Square
- North York Sheridan Mall
- Sheppard Centre
- Yorkgate Mall

OAKVILLE
- Oakville Place
- Winston Power Centre

ORANGEVILLE
- 114 Broadway Ave.

OSHAWA
- Five Points Mall
- Oshawa Centre

PICKERING
- Pickering Town Centre

RICHMOND HILL
- Hillcrest Mall
- Richmond Heights Plaza
- Time Square Shopping Centre

SCARBOROUGH
- 259 Morningside Ave.
- Bridlewood Mall (kiosk)
- Cedarbrae Mall (kiosk)
- Eglinton Square
- Malvern Town Centre
- Scarborough Town Centre

SUDBURY
- Brady Square
- New Sudbury Centre
- Southridge Mall

THORNHILL
- Promenade Mall

TORONTO
- 2256 Bloor St. W
- 209 Danforth Ave.
- 700 Gordon Baker Rd.
- 85 Hanna Ave.
- 2171 Queen St. E
- 2323 Yonge St.
- Chinatown Centre
- College Park
- Dufferin Mall
- East York Town Centre
- Eaton Centre
- Eaton Centre II
- Exchange Tower
- Gerrard Square
- Holt Renfrew Centre
- Royal Bank Plaza
- Scotia Plaza
- Shops at Don Mills
- Toronto Life Square
- Yorkdale Shopping Centre (kiosks)

UXBRIDGE
- 307 Toronto St. S

VAUGHAN
- Vaughan Mills

WHITBY
- Whitby Mall
- Whitby SmartCentres

WILLOWDALE
- Fairview Mall

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- 4080 Highway 7

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Khadr lashes out at military tribunal system

- Detainee says he intends to represent himself at trial
- Judge denies Khadr permission to fire lawyer

A defiant Omar Khadr spoke out on his own behalf yesterday, dismissing the U.S. military tribunal process as a "sham," denouncing his American captors, and disclosing an offer to serve just five years of a 30-year sentence in exchange for pleading guilty to war crimes — an offer he summarily rejected.

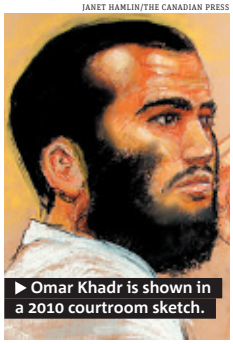
In a calm, measured voice, Khadr, a Toronto native, made clear his feelings about the judicial machinery that has kept him captive at Guantanamo Bay for the better part of eight years, even smiling on occasion as he addressed the judge, Col. Patrick Parrish, and his Canadian lawyer, Dennis Edney.

"I will not willingly let the U.S. government use me to fulfil their goal," the bearded Khadr, 23, said as he explained why he rejected the deal he'd recently been offered by prosecutors.

Pleading guilty at his trial next month would "give an excuse to the government for torturing me and abusing me as a child," he added.

The bulk of yesterday's roller-coaster hearing featured protracted exchanges between Khadr and Parrish about whether the Canadian detainee wanted to represent himself at his trial, currently scheduled to take place next month, or boycott the entire proceeding.

JANET HAMLIN/THE CANADIAN PRESS



▶ Omar Khadr is shown in a 2010 courtroom sketch.

Khadr is the only westerner remaining among Guantanamo's 181 prisoners and remains the prison's youngest detainee.

The Canadian government has refused to repatriate Khadr, whose late father was an accused al-Qaida financier, and has subsequently faced a series of legal headaches over its lack of action on the case.

The federal government said yesterday it plans to appeal a Federal Court ruling that ordered it to come up with solutions to breaches of Khadr's constitutional rights. The ruling last week gave the government seven days to draft a list of remedies to its violation of Khadr's Charter rights.

Justice Russel Zinn ruled that Ottawa had not met the standard set in January by the Supreme Court of Canada, which called on the government to right the wrongs it had brought on Khadr.

Justice Minister Rob Nicholson said that Ottawa will instead challenge Zinn's order in the Federal Court of Appeal. Khadr faces serious charges, he said, adding that the case raises serious questions about "the Crown prerogative over foreign affairs."

THE CANADIAN PRESS

15

Khadr is charged with war crimes that include killing an American soldier in Afghanistan in July 2002 when he was 15 years old.

Afghanistan. Memorial

▶ A memorial to Canadian soldiers at Forward Operating Base Ma'sum Ghar in the Panjwaii district of Afghanistan.

BILL GRAVELAND/THE CANADIAN PRESS

Canadian memorial gets makeover

A facelift is coming for a memorial to fallen Canadian soldiers, built near a hilltop observation post in the Panjwaii district Afghanistan. More than a hundred rocks, gathered by soldiers at the nearby forward operating base, have received a fresh coat of white paint and are waiting for some finishing touches.

Soldiers charged

Bad publicity

The charges further shake a military already rocked by sensational cases.

- **Col. Russell Williams** Williams, the former commander at an air force base, in Trenton, Ont., is facing two murder charges and other sex-related charges.
- **Col. Bernard Ouellette** Ouellette, Canada's most senior-ranking military officer in Haiti, was relieved of command and faces a number of allegations, including one allegedly involving an inappropriate relationship.

The former commander of Canada's war effort in Afghanistan, along with a female subordinate, have been charged by military police after admitting to a sexual affair in-theatre.

The Canadian Forces National Investigation Service launched an investigation after Master-Cpl. Bianka Langlois acknowledged she had an affair with Brig.-Gen. Daniel Menard.

Menard faces two counts of conduct to the prejudice of good order and discipline related to alleged inappropriate conduct under fraternization regulations.

He's also been charged with one count of obstructing justice and a separate count of conduct to the prejudice of good order and discipline.

Langlois has been charged with one count of conduct to the prejudice of good order and discipline related to alleged inappropriate conduct under military fraternization regulations.

Military regulations bar soldiers from having intimate relations on deployment.

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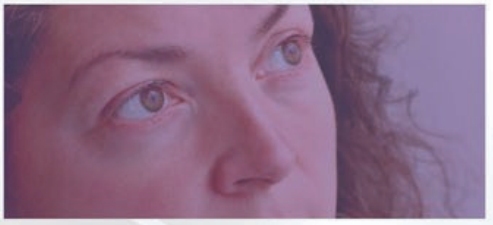

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News in brief

Concerned about census

AXED. Canada's Official Languages Commissioner, Graham Fraser, says he is worried that the Conservative cabinet's axing of the long census could adversely affect francophone minority communities across Canada. THE CANADIAN PRESS

Stafford ride reaches Ontario

FUNDRAISER. Rodney Stafford and his son, Daryn, are crossing into Ontario today in their bicycle journey from Edmonton to their hometown of Woodstock, Ont.

Their 3,500-kilometre trip is raising money and awareness for Child Find Ontario. THE CANADIAN PRESS

City rejects nuclear waste

OWEN SOUND. A plan by an Ontario nuclear plant to transport radioactive waste on the Great Lakes is angering environmentalists and politicians, despite assurances the process is safe.

Bruce Power has applied for a licence to use the Great Lakes and the St. Lawrence River to ship 16 decommissioned steam generators from its plant on Lake Huron to Sweden for recycling.

Ruth Lovell Stanners, the mayor of Owen Sound, said she is concerned that an accident could happen even before the generators are on the water, while they are being transferred on land to her city's port, the intended departure point. THE CANADIAN PRESS

New terror group attacks Uganda

74 killed in blast Victims were gathered to watch World Cup Somali group has links to al-Qaeda

East Africa saw the emergence of a new international terrorist group Monday, as Somalia's most dangerous al-Qaeda-linked militia claimed responsibility for the twin bombings in Uganda that killed 74 people during the World Cup.

Al-Shabab, an ultraconservative Islamic group, has long threatened to attack outside of Somalia's borders, but the bombings late Sunday are the first time the group has done so.

"We warned Uganda not to deploy troops to Somalia; they ignored us," said Sheik Ali Mohamud Rage, al-Shabab's spokesman.

The death toll in Sunday's twin blasts rose to 74 on Monday, Ugandan officials said. Investigators combed through the blast sites, one an outdoor screening at a rugby club and the other an Ethiopian restaurant — a nation despised by al-Shabab.

A California-based aid group said one of its American workers was among the dead. Officials said 60 Ugandans, nine Ethiopians or Eritreans, one Irish woman, and one Asian were also among those killed. THE ASSOCIATED PRESS

AP PHOTO/BENEDICTE DESRUS

An American woman was among those injured.

Spreading threat

Analysts have long feared that al-Shabab was turning increasingly violent.

- The U.S. State Department has declared al-Shabab a terrorist organization.
- Other neighbouring nations — Kenya, Djibouti and Ethiopia, along with Burundi — may also face new attacks, analysts say.
- Canada listed Al Shabab as a terrorist organization in March 2010.
- The United States worries that Somalia could be a terrorist breeding ground, particularly since Osama bin Laden has declared his support for Islamic radicals there.
- In Ottawa, Minister of Foreign Affairs Lawrence Cannon condemned the attack.

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ARIEL SCHALIT/THE ASSOCIATED PRESS

▶ Retired Israeli Gen. Giora Eiland, author of the official report on Israel's recent attack on a protest flotilla, speaks to army officers yesterday before holding a press briefing at Israel's Defense Ministry in Tel Aviv.

Israel blames bad intelligence

◐ Retired Israeli general says officials made mistakes that led to flotilla attack ◐ Report not made public

Flawed intelligence-gathering and planning led to Israel's botched and deadly raid on a Gaza-bound protest flotilla, with security forces underestimating the potential for violence, said the official report released yesterday.

The report, however, praised the commandos who took part in the operation, saying they were justified in opening fire and killing nine after being confronted by violent pro-Palestinian activists on board one of the ships in the flotilla.

The report concluded that intelligence-gathering was deficient and that various intelligence units did not communicate properly with each other. It criticized the operation's planners for not having a backup plan in the event of violence.

It did not recommend any dismissals, though it is possible that some senior officers will be ousted or demoted in an ensuing shake-up.

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Parades turn ugly in N. Ireland

- Politicians accuse IRA dissidents
- Orange Order parades raise sectarian passions to boiling point

Police battled Irish nationalists for control of a Belfast road yesterday as a day dominated by peaceful Protestant parades across Northern Ireland turned violent when night fell.

Riot police in helmets and body armour dragged kicking, flailing protesters from the pavement of Crumlin Road even as other protesters packed into side streets pelted police with rocks, bricks and Molotov cocktails.

Many of the approximately 100 road-blocking protesters wore white T-shirts bearing the message "PEACEFUL PROTEST," while the rioters nearby wore balaclava masks. THE ASSOCIATED PRESS

Divisions

Centuries of division tries beleaguered country.

- **Violence impact** The violence, beside a hard-line Catholic district called Ardoyne, underscores how socially divided Northern Ireland remains despite nearly two decades of peacemaking.
- **Provocative parades** It followed daylong parades across Northern Ireland by the Orange Order, a conservative Protestant brotherhood that each July 12 celebrates its side's 17th-century military triumphs over Irish Catholics.

Alberta. Hotcakes

▶ Alberta Premier Ed Stelmach flips a pancake at his annual Stampede breakfast in Calgary, yesterday.

JEFF MCINTOSH/THE CANADIAN PRESS

Stampede-sized appetite

Running until July 18, the Calgary Stampede features some of the best in bronco bucking, livestock judging and chuck wagon racing that Canada has to offer.

Rebuilding will take decade: Cannon

Rebuilding quake-stricken Haiti will take at least a decade, said Canada's foreign affairs minister as he urged patience with "a long-term process."

Haitian reconstruction is a "monumental task requiring a sustained effort and a long-term commitment," Minister of Foreign Affairs Lawrence Cannon told a news conference yesterday marking the earthquake's six-month anniversary.

THE CANADIAN PRESS

ADRIAN WYLD/THE CANADIAN PRESS

"I certainly understand people's impatience at the very difficult circumstances that ... Haitians find themselves in."

LAWRENCE CANNON

Soldiers shoot teenager

Paramilitary soldiers yesterday shot and wounded a teenage boy who threw stones at their vehicle, police said, as a strike called by separatists against Indian rule shuttered shops and offices in troubled Kashmir for a second day.

THE CANADIAN PRESS

Conflict

At least 15 people have died over the past four weeks in shootings in Kashmir blamed on police and paramilitary soldiers.

- **Incident** The latest shooting happened in Delina, a village 50 kilometres north of Srinagar, the main city in Indian-controlled Kashmir, and sparked a street protest by villagers, a police officer said.

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Loblaw workers vote to strike

Contract would cut wages by up to 25% Grocer says it needs wage concessions to stay competitive

Loblaw Co. workers in Ontario have overwhelmingly voted to give their union a strike mandate if Canada's largest grocery chain doesn't back down from concession demands that it says are necessary to remain competitive against its non-unionized rivals.

Over 97 per cent of members of the United Food and Commercial Workers union, which represents nearly 30,000 employees at stores under names such as Loblaws, Zehrs, Real Canadian Superstores and Fortinos, have voted in favour of a strike.

Loblaw says it must modify some of its existing agreements in order to stay competitive, as earnings have declined about five per cent from where they were five years ago.

THE CANADIAN PRESS/NATHAN DENETTE

▶ Loblaw worker in Toronto.

The strike vote came after talks between the union and Loblaw that were overseen by the Ontario Ministry of Labour broke off late last month.

"We haven't been able to make any headway," said Scott Penner, president of UFCW Local 1977, headquartered in Cambridge, Ont. His union says that unless Loblaw "adopts a more reasonable position," a strike might be inevitable.

Workers are frustrated over company proposals that would cut wages by up to 25 per cent, increase waiting times for benefits eligibility and reduce full-time jobs.

Workers at those stores make between the minimum wage of $10.25 and $25 an hour, plus benefits.

"Their package to date has been entirely concessionary," Penner said. "So, take-aways across the board on different areas of the collective agreement and their workers' rights in a time period where employers are turning the corner and things are looking a little better."

THE CANADIAN PRESS

Brussels. Protest

▶ The objects on the ground were thrown at police.

MATTHEW BUSCH/THE ASSOCIATED PRESS

Farmers protest prices

Milk farmers protested yesterday outside a meeting of EU agriculture ministers in Brussels. The farmers say they are receiving unfair prices.

Hefner still sees future in Playboy

Hugh Hefner wants to buy out the portion of the Playboy empire he doesn't already own in a bet that the iconic brand can still bring in profits.

Hefner, who founded Playboy magazine more than a half-century ago, is apparently not alone in thinking Playboy can keep swinging into the digital age. A few hours after Playboy Enterprises Inc. announced Hefner's offer yesterday, the corporate parent of rival Penthouse magazine said it will also make a bid.

Hefner is offering US$5.50 per share in cash, a nearly 40 per cent premium above Friday's closing. stock price of $3.94.

THE ASSOCIATED PRESS

$122.5M

That's how much Hefner is prepared to spend to buy the rest of the Playboy empire.

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Things looking up for business, BoC survey says

Half of companies surveyed plan to add workers in the next 12 months Only 10% planning to cut jobs

Canadian firms are becoming more positive about the economy, saying they are increasing sales and are planning to hire new workers over the coming year, the Bank of Canada reported yesterday in its quarterly survey of conditions.

The summer poll of business conditions, and a separate survey of loan officers also released yesterday, show that firms are having an easier time obtaining loans, a critical prerequisite for expansion.

"Overall, (business executives) are positive about the outlook for business activity over the next 12 months," the central bank said in a release yesterday.

Recovery

Although the country's labour market has recouped almost all the jobs lost during the 2008-2009 recession — adding another 93,000 last month — the unemployment rate remains well above pre-slump levels at 7.9 per cent.

"For the first time in two years, firms, on balance, reported an improvement in their past sales activity."

The outlook survey increases the odds that the bank's governing council will feel less reticent about hiking interest rates another quarter point next week, since it points to a strengthening recovery.

Not all the results obtained by the Bank of Canada in the summer sampling of 100 firms were positive, however.

Business executives expressed concerns about "recent global economic and financial uncertainties and possible spillover effects in Canada."

And on a balance of opinion, the survey found a decline in expectations that sales volumes would increase at a greater rate over the next 12 months.

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TRADING LATTES FOR RETIREMENT

She says ...

JESSICA NAPIER

A few weeks ago my dear friend Jen attempted to explain to me the finer points of her RRSP.

Pretending to listen (sorry Jen, you lost me at "minimum disbursements") I got to thinking — is this the same girl who routinely blew off her early morning accounting class in favour of hung-over pancake breakfasts at our favourite greasy diner? When we were at university our idea of an investment strategy was selling used textbooks for a Thursday night bottle of wine. It didn't seem necessary to think about saving for anything beyond our weekend plans.

Eventually Jen did attend enough accounting classes to complete her degree. She now holds down a very respectable bank job while I opted for more education and many more Thursday night vino-drinking sessions.

As a result of our divergent post-grad choices, Jen has become a savvy financier, complete with office-appropriate heels and a respectable retirement savings plan. I, on the other hand, am known as the irresponsible art school friend who regularly has more money on her Starbucks card than in her chequing account.

After rent payments, my cell-phone bill and an overpriced gym membership (because I swear I'll start going next week), I'm lucky if I have enough left over for my daily grande latte habit.

"Ever since my first babysitting profits started rolling in I've always thought about money in an it's-there-so-I-might-as-well-spend-it kind of way."

So how do such close friends develop such drastically different spending habits? My parents have always had a "we can't take it with us" approach to their retirement savings so they might be partially responsible for my spendthrift attitude. But I know they aren't entirely to blame.

Ever since my first babysitting profits started rolling in I've always thought about money in an it's-there-so-I-might-as-well-spend-it kind of way. As I get older, and presumably wiser, I'm starting to realize that might not be the most responsible attitude.

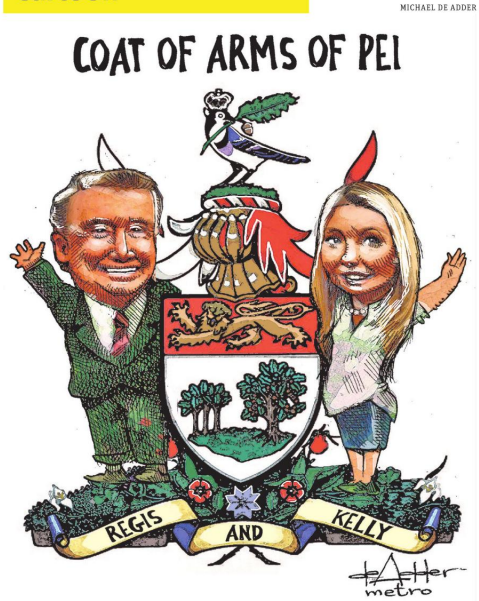
So, in an ongoing effort to become a grown up, I've decided it's time I give my finances a serious makeover.

Jen has promised to give me a lesson in budgeting and I'm resolving to embrace a lifestyle of frugality by cutting back on my not-so-necessary expenses. I'm starting with a solid investment — a coffee maker for my kitchen.

Sure I'll miss that early morning barista banter, but at $4 a pop (that's a whopping $1,460 a year) it's easy to see that I need a serious detox from those fancy, frothy beverages.

Cartoon

MICHAEL DE ADDER



Opportunity wasted

Letters & Tweets

TORONTO. Free speech makes you look smart, crime makes you look stupid.

I feel for all of the legitimate protesters who travelled to Toronto in the hopes of voicing their disapproval or other views surrounding the G20 and G8 summits being hosted in Canada.

They were doing something that is legal and completely respected in Canada: They were enjoying their right to speak freely about our government and their decisions.

I feel for them because they were lumped in with all the criminals, and yes, I did say criminals: Those who decided to use this opportunity to say nothing and take blatantly illegal actions that prove nothing to the government besides how childish their citizens are acting.

The media is one of the most powerful tools in this world. Believe it or not, our government is influenced by what happens in the media.

Thanks for wasting this tool by committing senseless and pointless acts that, of course, overtook the media, ensuring no one's legitimate concerns were heard and nothing got accomplished in the sea of madness.

ERIN STEWART

Breaking the peace

RICHARD LAUTENS/TORSTAR NEWS SERVICE

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Metro has the right to edit letters and submissions.

Noteworthy

Octopus oracle calls it a career

Paul, the octopus who became a pop culture sensation by correctly predicting the outcome of as many World Cup matches as he has legs, is going to retire.

Aquarium employees presented the octopus yesterday with a golden cup — similar to the official World Cup trophy. **THE ASSOCIATED PRESS**

Metro Minute with steel pan drums

Caribana bursts into town this week, with an official launch on Thursday, and the annual parade set for July 31.

That means calypso bands around town are working up a sweat practicing for the big event.

If you can't wait another two weeks for the sound of steel pan drums, grab a folding chair, a ginger beer and head to the plaza parking lot at York Mills and Leslie, right beside the Shoppers Drug Mart.

The sweet, melodic rhythms will get you pumped for the parade, and provide an unbeatable free, open air concert.

808 York Mills Rd., after 8 p.m.

JORDANA DIVON

TARA WALTON/TORSTAR NEWS SERVICE

▶ A steel pan drum.

metro

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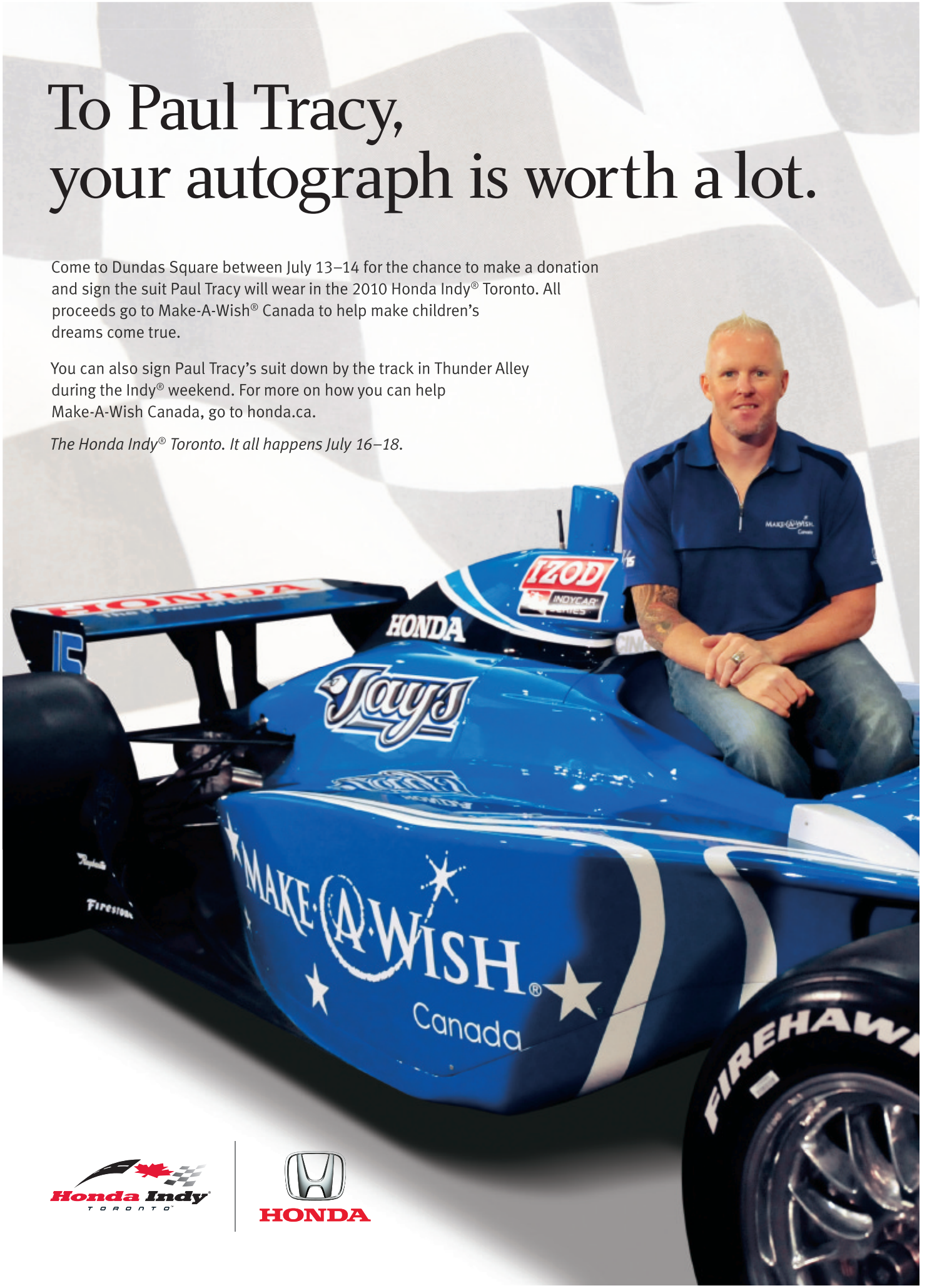
To Paul Tracy, your autograph is worth a lot.

Come to Dundas Square between July 13–14 for the chance to make a donation and sign the suit Paul Tracy will wear in the 2010 Honda Indy® Toronto. All proceeds go to Make-A-Wish® Canada to help make children's dreams come true.

You can also sign Paul Tracy's suit down by the track in Thunder Alley during the Indy® weekend. For more on how you can help Make-A-Wish Canada, go to honda.ca.

The Honda Indy® Toronto. It all happens July 16–18.



Honda Indy TORONTO

HONDA

PHOTO COURTESY WARNER BROS

DiCaprio dreaming

▶ Christopher Nolan's Inception — in theatres Friday — will be Leonardo's DiCaprio's first foray into science fiction.

Shutter Island star may not be a 'big dreamer' but he finds a way of breaking into the subconscious in sci-fi thriller Inception For DiCaprio, the dark side holds special lure

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LOS ANGELES

Leonardo DiCaprio is the first to admit the subject matter of Christoper Nolan's Inception was a little foreign to him.

The film is an elaborate heist drama about a man (DiCaprio) skilled in stealing information from a target's subconscious through their dreams. And DiCaprio? "I'm not a big dreamer. I never have been," he admits. "I remember fragments of my dream."

Though he initially approached the complex, labyrinthine film like he would any other, DiCaprio admits that didn't last.

"I tried to take a traditional sort of approach to researching this project and doing preparation for it. You know, read books on dream analysis, read Freud's book on the analysis of dreams and tried to research it in that sort of form," he says. "But I realized this is Chris Nolan's dream world."

It's also DiCaprio's first foray into science fiction, something he admits he's never had much interest in. "One of the earliest conversations I had with Chris was how both of us have a hard time with science fiction," he says. "We have a little bit of an aversion to it because it's hard for us to emotionally invest in worlds that are too far detached from what we know." He credits Nolan's style of filmmaking and storytelling for allaying his fears. "What's interesting about Chris Nolan's science fiction worlds is that they're deeply rooted in things that we've seen before," DiCaprio says. "There's not too much of a leap of faith to make."

As an actor who admittedly makes a lot of decisions about what roles to take based on who the director is, DiCaprio has only the highest praise for his latest collaborator. "This was an extremely ambitious concept that Chris was trying to pull off here. And he accomplished it in flying colours," he says.

Examining his recent work, including this year's Shutter Island, DiCaprio admits he has a penchant for the dark side. "These types of films that are psychologically dark at times I find extremely exciting to do because there's always something to think about," he says.

Leo eyeing Hoover role

This list of directors with whom DiCaprio has collaborated is indeed impressive, including Martin Scorsese, Steven Spielberg, Sam Mendes and Woody Allen. So who's missing? How about the man behind Unforgiven, Million-Dollar Baby and Invictus? "I'm talking to Clint Eastwood about playing J. Edgar Hoover, who had his hand in some of the most scandalous events in American history — everything from the Vietnam war and Dillinger to Martin Luther King and JFK," says DiCaprio, who hints that the project will be about "the secret life of J. Edgar Hoover."

2 scene

News in brief

1 K'naan is asking for an apology and a retraction from a South African newspaper that called the Toronto rapper "difficult." THE ASSOCIATED PRESS

2 Carlos Santana has gotten engaged after proposing onstage to his girlfriend, drummer Cindy Blackman. THE ASSOCIATED PRESS

Scan code for a story on cult comic artist Harvey Pekar who died at 70 (for instructions, see page 3)

DVD Releases

Buy it | Rent it | Borrow it | Yawn | Don't bother

Sex and the city

Chloe
Genre: Thriller
Director: Atom Egoyan
Stars: Amanda Seyfried

Atom Egoyan's thriller-ish remake of the 2003 French film Nathalie, significantly quickens the Toronto auteur's pulse. It does the same for Toronto, bathing the city in a sensual light that is almost indecent to behold.

The plot dynamics remain much the same. The gynecologist wife Catherine (Julianne Moore) hires hooker Chloe (Amanda Seyfried) to tempt her professor husband David (Liam Neeson). But the stated purpose is to confirm Catherine's suspicions of infidelity. Hooker Chloe, all long legs and blonde tressess, is only too happy to play along. What neither woman counts on is that this cat-and-mouse game might lead to cat-and-cat attraction.

Extras include a commentary with Egoyan, Seyfried and writer Erin Cressida Wilson (Secretary), deleted scenes plus a making-of featurette.

PETER HOWELL

The Bounty Hunter
Genre: Romance/comedy
Director: Andy Tennant
Stars: Jennifer Aniston, Gerard Butler

Tabloid reports insist that Jennifer Aniston and Gerard Butler became a real romantic couple while making this movie. This is hard to fathom, since they exhibit no onscreen sparks as ex-spouses looking to light a new fire.

Nothing is in real jeopardy or ever in doubt here. There are two parallel stories: Milo's and Nicole's on-again, off-again relationship (he's a bounty hunter, she's a reporter), and guys with guns who keep shooting at them.

Director Andy Tennant previously made Fool's Gold, another lame rom-com about quarrelling cupids. Perhaps it's time for him to consider other employment — bounty hunting, maybe?

PETER HOWELL

Greenberg
Genre: Comedy
Director: Noah Baumbach
Stars: Ben Stiller

As titular misanthrope Roger Greenberg, Ben Stiller presents one of the most unsympathetic characters ever seen in a film that purports to be a comedy. For this, he at least deserves credit for bravery, although it is difficult to watch how he treats Florence (Greta Gerwig), the woman of his indifferent affections.

Roger is a failed indie rock musician, who lives in a near-comatose state of disregard for everybody and everything.

It's another skewed view of the state of modern romance from writer/director Noah Baumbach, and it leads precisely nowhere.

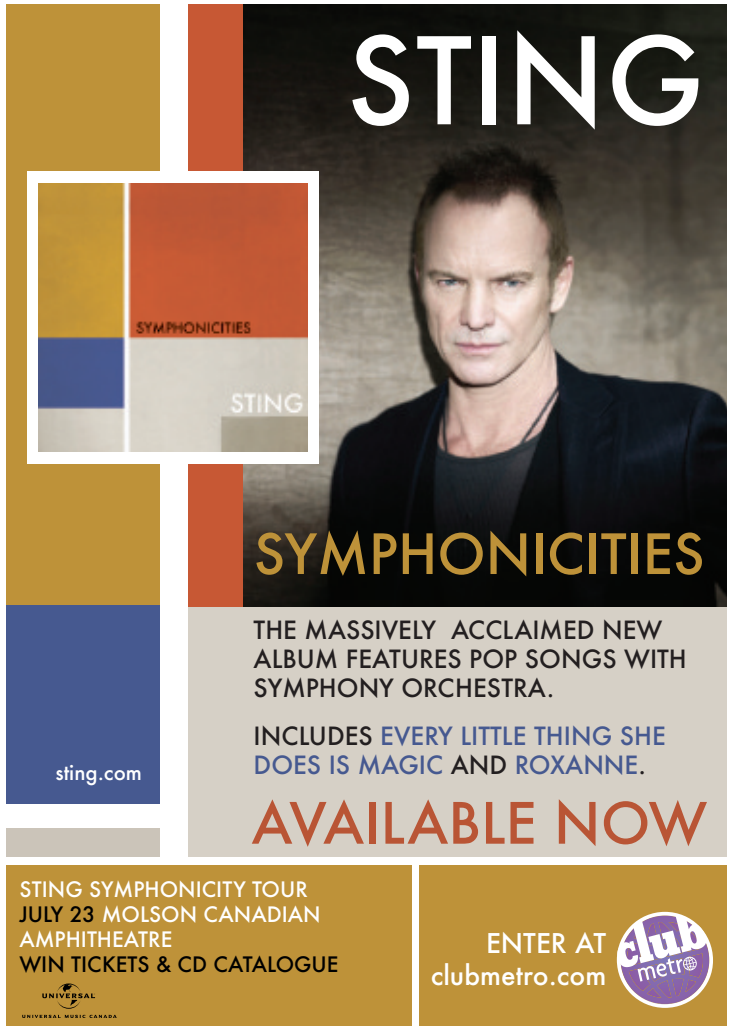
But Stiller redeems the film with his astute observation of a man who is offered much yet can't see past his own disillusionment.

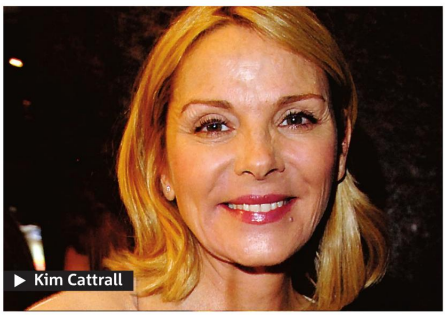
PETER HOWELL

Invisible City
Genre: Documentary
Director: Hubert Davis

Toronto's much-maligned Regent Park neighbourhood is laid bare in this measured piece of cinema. Or is it? The film, which won Best Canadian Feature at last year's Hot Docs, chronicles the lives of two inner-city black teens — Mike and Kendell. Both are mired in their impoverished milieu, constantly battling the social forces that are shaping their uncertain, and possibly criminal, destinies. Director Hubert Davis shoots the kids with deft intimacy, aiming to reveal the bigger picture through the everyday minutae of their lives. But, in the end, the Oscar-nominated filmmaker's camera cannot penetrate the desolating veneer of Regent Park. It remains a question mark, much like the future of Mike and Kendell.

KUMAR SAHA




▶ Kim Cattrall

CATTRALL GETS U.K. DEGREE

Canadian Kim Cattrall has swapped sleek Manhattan for grey Liverpool to accept an honorary fellowship from a university in her English home town.

The Sex and the City star was named a fellow of Liverpool John Moores University in England yesterday in recognition of her contribution to the arts.

The 53-year-old actress was born in the English port city but was raised largely in Canada.

She told hundreds of graduating students packed into Liverpool's Anglican cathedral that the honour was "a dream come true."

THE ASSOCIATED PRESS

TV Picks

The end of The Hills

REALITY The sun sets for good on The Hills tonight. The reality series, about a group of California friends, is ending after four years of partying, tears. (MTV)

THE CANADIAN PRESS

Karaoke goes Canadian

MUSIC Big Voice takes amateur Canadian crooners from the karaoke stage to the real one. Vocal coach Elaine Overholt helps participants prepare to sing in public. (W Network) THE CANADIAN PRESS

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FRENCH-CANADIAN MUSIC MAKES NOISE

The Audio Files

BRYAN BORZYKOWSKI
SCENE@METRONEWS.CA

Canadian music fans think they know everything about this country's music scene, but I'm sorry to say, they don't. And neither do I.

Like most Canucks, I don't know a whole lot about Francophone music. I know there are many good bands but beyond Malajube and a few others, Quebec's music scene remains a mystery to me.

But, it shouldn't. A lot of francophone music is much better than what's coming out of the rest of Canada.

Take Karkwa and Radio Radio, two Montreal-based acts who are short listed for this year's Polaris Music Prize. I hadn't heard of them until they were discussed on the Polaris message board — a place where the prize's 198 jurists discuss music.

Karkwa have actually been around for 12 years and have won a host of awards since releasing a debut disc in 2003. They've released four albums since then, and their latest is a collection of infectious indie pop that moves from dreamy atmospherics to more straight ahead rock.

As good as they are, every Canadian needs to hear Radio Radio. They're a dance pop rap act that's so saccharine it's almost cheesy, and the lyrics, which move seamlessly from English to French, are hilarious. 9 Piece Luggage Set is one of the catchiest songs I've heard all year and it's weird hearing those three English word repeated over and over again while the rest of the lyrics are French.

Both bands are worthy of a Polaris nod, but even if they don't win we'll still be better off. Not only will more people hear these discs, but maybe the Canadian music scene can finally start including everyone who plays music in this country.

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Swiss set Polanski free

GETTY FILE PHOTO

▶ Roman Polanski is a free man.

Roman Polanski was declared a free man yesterday after Switzerland rejected a U.S. request to extradite him to be sentenced for having sex in 1977 with a 13-year-old girl.

The Swiss government blamed the decision on U.S. authorities, saying they had failed to address defence arguments that the 76-year-old filmmaker had actually served his sentence before fleeing Los Angeles three decades ago.

Nine months after arresting Polanski, the Justice Ministry said U.S. officials should have backed up their request by providing confidential testimony about Polanski's sentencing procedure in L.A.

"Mr. Polanski can now move freely," Justice Minister Eveline Widmer-Schlumpf declared. "He's a free man."

The decision could end the U.S.'s long pursuit of Polanski. France does not extradite its own citizens. **THE ASSOCIATED PRESS**

Regis and Kelly take over Charlottetown

Morning duo praise P.E.I.'s green rolling vistas Thousands show support Philbin in awe of Mounties

THE CANADIAN PRESS

▶ Regis Philbin and Kelly Ripa in Charlottetown yesterday.

Television stars Regis Philbin and Kelly Ripa were flanked by eight Mounties yesterday as they greeted thousands of cheering fans and brought their New York-based show to Charlottetown.

The popular morning duo, who normally host Live! With Regis and Kelly from Manhattan, kicked off their visit to P.E.I. with plenty of praise for the province's green rolling vistas.

The show was staged outdoors at the city's Confederation Landing Park with the waterfront in the background.

"It's not that well known but it really is a masterpiece of a place, isn't it?" Philbin said during an interview with style guru Carson Kressley.

Kressley said he'd never been to Prince Edward Island and was loving the trip.

"It's a real hidden gem," he said.

Other celebrity guests included Twilight star Peter Facinelli and country sensation Lady Antebellum.

Monday's show was one of four to be shot in Charlottetown, which will air through Thursday on CTV. Other guests are to include Stephen Moyer of True Blood, John Corbett of Sex and the City and Canadians Elisha Cuthbert, Caroline Rhea and Melanie Fiona. **THE CANADIAN PRESS**

show of support

- CTV said there were 4,500 people on hand to watch the show's taping.
- Prince Edward Island's government spent $800,000 to help bring the show to the province, while the Atlantic Canada Opportunities Agency contributed $200,000.

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More damaging Gibson tapes leaked

The actor's ex records him admitting to domestic abuse, prompting a criminal investigation

Mel Gibson is heard allegedly acknowledging that he hit the mother of his 8-month daughter.

The eight-minute recording posted yesterday by RadarOnline.com is purportedly a phone argument between Gibson and then-girlfriend Oksana Grigorieva. A voice sounding distinctively like the Academy Award-winner is heard telling Grigorieva that she "deserved" to be hit after she chastised him for allegedly punching her in the face and breaking two of her teeth.

"Oh, you're all angry now!" Gibson responds. "You know what, you ... (expletive deleted) deserved it!" An L.A. County Sheriff's Department spokesman would not say whether the recordings would become part of the investigation.

THE ASSOCIATED PRESS

GETTY IMAGES

▶ Some critics are saying it's the best work he's ever done

Deal or no deal?

Despite their nasty breakup, Oksana Grigorieva won't be seeing much of Mel Gibson's billion-dollar fortune, according to RadarOnline. The Russian singer reportedly signed a cohabitation agreement while she was pregnant with his child that strips her of any claims to his money. Grigorieva said she will appeal.

METRO WORLD NEWS

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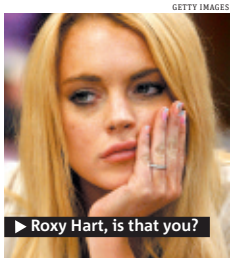


▶ Roxy Hart, is that you?

Lohan planning prison break?

Lindsay Lohan is certain she can avoid jail time one way or another, according to Popeater. "She doesn't care what it takes," a source says. "They are treating Lindsay differently because she is a star, so it's about time she used her star power to help her. She's seen the movie Chicago several times, so it's not like she doesn't know how this sort of thing works." But first she'll need to find a new attorney, as Stuart Goldberg, the lawyer she hired last week, is reportedly no longer handling her case. Goldberg's camp tells TMZ that Lohan couldn't afford him.

METRO WORLD NEWS

Kelsey Grammer, wife put on a show for theatre awards

Despite the fact that Kelsey Grammer's marriage to Camille Donatacci had reportedly already imploded before last month's Tony Awards, the former Frasier star insisted she still fly to New York to attend the show and walk the red carpet with him, according to gossip website Page Six. "Kelsey was so cold," a source says. "He told her it was over and he wanted to see other people, but still asked her to be at the Tonys."

METRO WORLD NEWS

GETTY IMAGES

▶ Sounds like Frasier needs his own shrink

Talking points

La Toya talks MJ, monkeys

ALL I'M GONNA SAY IS SHE'S LUCKY BUBBLES IS IN A CAGE. La Toya Jackson claims her brother Michael Jackson spent a small fortune in an attempt to get his pet chimp, Bubbles, to speak, according to News of the World. "Michael always wanted to know how to make Bubbles speak and talk," she tells the newspaper. "He wanted to give him vocal chords and asked doctors, 'Can I give him an operation so that I can know what his thoughts are?'" But the doctors reportedly warned Michael off the plan as the risk of injuring the primate was too great.

No Rehab for Tequila

THAT HEADLINE JUST WROTE ITSELF. MTV star Tila Tequila won't be appearing on the next season of Celebrity Rehab after all, despite being the first cast member to sign up, according to Radar Online. Her manager wouldn't elaborate on the change in plan, though producers for the show, hosted by Dr. Drew Pinsky, are reportedly happy about the decision.

METRO WORLD NEWS

Celebrity tweets

Lindsay Lohan [@lindsaylohan] I love my mother... she is amazing and strong* she's all i could ask for and more, by taking on the role of my mother and father all my life

Neil Patrick Harris [@ActuallyNPH] Lindsay Lohan crying in the courtroom - true, authentic regret or yet another theatrical performance? So hard to tell with actresses...

Amanda Bynes [@chicky] if you're in love and you don't want anyone else get married immediately

Lance Armstrong [@lancearmstrong] Stage starts out through a village called "La Cure". If Robert Smith isn't standing by the roadside then I'm going to be super pissed!

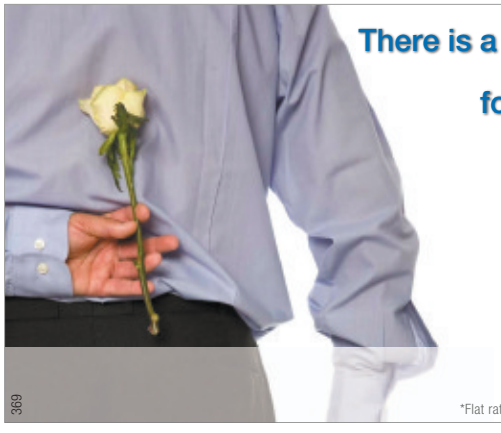
METRO WORLD NEWS

Joke's over for Batman sequel

LAST LAUGH. Batman is returning, but he won't have the Joker to contend with next time.

Director Christopher Nolan says he will not bring back the Joker, the villain played so maniacally in The Dark Knight by the late Heath Ledger. The role earned him an Academy Award a year after his death.

THE ASSOCIATED PRESS



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369

3 life

Icky Flip Flops

A recent study by New York University and the University of Miami found the average pair of flip flops harbours more than 18,000 bacteria. The study found 93 per cent of flip flops worn for more than three months have fecal bacteria, and 20 per cent have E. Coli.

What's scarier, think how many times you touch your hands to your feet, and then to your face, in a day. A quick solution is to use a hand sanitizer — like the easy to use One Step Hand Sanitizer — regularly to keep your hands clean.

METRO NEWS SERVICES

Antibody discovery renews search for AIDS vaccine"

How to be a superhero

Ever envied Ryan Reynolds' six-pack and Scarlett Johansson's sexy silhouette? Fitness guru Bobby Strom is the body-blitzer Hollywood turns to when serious action's involved

ROMINA McGUINNESS
WELLNESS@METRONEWS.CA
METRO WORLD NEWS IN LONDON

The transformation

"Consistency, balance and moderation are key triggers for change and jumping the gun will only lead to pain and injury," Strom says. "Once you have synergized your exercise and nutrition habits, you will get optimum results." Having trained Scarlett Johansson for her role as the Black Widow in Iron Man 2 and currently whipping Blake Lively into shape for her role as villain Star Sapphire in Green Lantern, Strom knows that there's more to it than aiming to get them to fit into Lyrca cat suits.

"It could take weeks before you notice significant weight loss or muscle definition."
BOBBY STORM

Toning but not bulking

"Women want to be trim, toned and lean so we do exercises that use and manipulate their own body weight, so as not to create bulk or heavy muscle," he says. "Knee pushups, rocking lunges and jumping squats will and moves on the Swiss ball will all work on the core."

Shape and sculpt

"With women, I focus on creating lean muscle in the legs, upper body and stomach areas," Strom says. "Circuit training is a fantastic way of getting the heart rate up by doing 15-20 repetitions of the same moves using light weights and dumbbells, a method I used thoroughly on Scarlett."

Surprisingly, it seems that men favour defined muscle tone over big and bulky, something Strom is currently doing with Ryan Reynolds in preparation for his role in Green Lantern. "Men want to be lean as well and the focus is on the back and the shoulders … it's not all about being buff."

On the menu? Metabolism

During exercise, your heart is pumping and your metabolism is working at a faster rate, but how can you keep this up after the work out? According to Strom, it's all about how you eat. "Think of the body like a race car — you want the car to be light so that it can get around the track as fast as possible — so only put enough fuel to finish the track," he says. "Food is fuel and we should think of eating as re-fuelling. At the end of the day, fat is nothing but stored food so if there is no food to store there will be no fat."

Bobby Bites

Sugar causes the body to store fat so in order to avoid this, Strom recommends basing your diet on foods with a low glycemic index that release energy over a longer period of time.

- **Breakfast:** Porridge, eggs or fruit and yogurt.
- **Lunch and dinner:** A mix of complex carbs, lean protein and green vegetables. Brown rice, sweet potatoes and yams along with fish, chicken and spinach, broccoli or kale are all great.
- **Snacks:** Should be eaten small handfuls so graze on nuts such as almonds, walnuts.

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The benefits of power napping

Saying yes to a siesta can do wonders for your health, well being Recharge, recoup, revive

Celebrity fitness trainer Ramona Braganza, the woman behind Halle Berry's toned silhouette, gives Metro tips on why we should all be thinking about taking a nap …

Celebrity fitness trainer Ramona Braganza says we should all think about taking naps.

1. Napping can lower levels of stress hormones during the day, leaving you feeling more relaxed and capable of handling the rest of the day more effectively.
2. Short naps give you extra energy, making you more alert and productive throughout the rest of the day.
3. Regular naps may lower the risk of having a heart attack in the long term, related to lowered stress levels.
4. Naps help increase your memory, giving you better learning power by making sure you are well rested.
5. A 20-minute nap can help recuperate lost sleep from the previous night.

METRO WORLD NEWS

How to rid your skin of dreaded cellulite

Top 3 ways to peel orange skin with Ramona Branagnza.

Cellulite busters

- Hydrate as much as possible as water helps to flush out toxins from the body, allowing your skin to remain looking smoother.
- Moisturize. There are many new creams that can help skin appearance and texture. Braganza suggests Mamma Mio Get Waisted (mamamio.com), the cream helps burn stored fat cells, reduce the overall look of cellulite.
- Exercise, especially strength training workouts help improve body composition by burning away body fat (which is basically what cellulite is made up of) and increasing and improving muscle, which in turn helps improve the appearance of loose skin caused by cellulite.

METRO WORLD NEWS

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390 Steeles Avenue West, Suite 208
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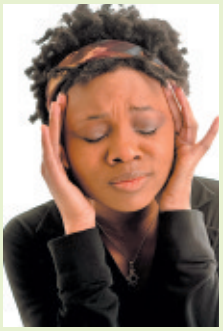
the INSOMNIA study

News in brief



Weather effects headaches

RESEARCH. It's not our imagination. Headaches really can be weather-related.

A study of more than 7,000 patients seen in a Boston emergency room between the years 2000 and 2007 found that hot temperatures did send more people to hospital with headaches — both regular and migraine headaches. Low barometric pressure also sent people in with headaches, but air pollution didn't seem to be a factor. The study was published in 2009 in the journal Neurology.

CELIA MILNE

Get alerts for health woes

CONDITIONS. Great Aunt Betsy's arthritis was always worse before a storm. Grandfather Mohammed felt the barometer rising. Do you think your health and the weather are related?

If you have one of six medical conditions, you can register for free at mediclim.com and get warnings when your symptoms may be aggravated by the weather.

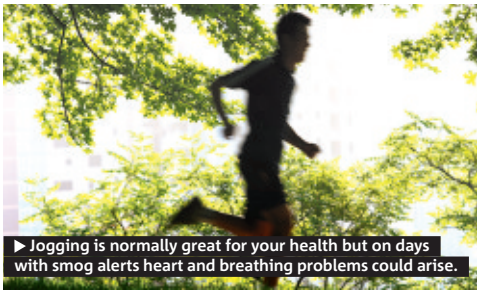
You just punch in your condition and where you live, and the site will automatically send you a forecast the day before your health problem is likely to be affected. The six conditions are: asthma, arthritis, diabetes, heart disease, migraines, chronic obstructive pulmonary disease.

CELIA MILNE

Smog and Jogging, not a good combo

Be careful when being active outdoors in the summer heat, pollution ◗ Water, water, and more water

CELIA MILNE
WELLNESS@METRONEWS.CA



▶ Jogging is normally great for your health but on days with smog alerts heart and breathing problems could arise.

Do you ignore heat and smog alerts and still jog outdoors?

If you are healthy, this is probably fine, but here's a tip from an expert in air pollution: "Jog in the morning because exposure is quite a lot lower on highly polluted days," says Dr. Greg Evans, professor of engineering and applied chemistry at University of Toronto and director of the Southern Ontario Centre for Atmospheric Aerosol Research.

"Exposure to pollutants is the worst in the mid to late afternoon." The bonus of exercising in the morning, of course, is that it's cooler and heat stress isn't as much of a factor.

Are you a commuter? Evans warns that the suburbs don't necessarily have cleaner air. "Often air quality in surrounding communities is as bad or worse than downtown Toronto. For example Oakville or Oshawa are not necessarily better."

Air pollution is thought to exacerbate respiratory and heart problems, so people who are vulnerable should heed warnings carefully. His advice for the rest of us?

"Take extra water breaks. The heat and humidity coupled with air pollution mean you need to take it a bit easier. We're not invincible," says Evans.

Air quality in Ontario has actually improved over the last 10 years. That's the good news. The bad news is we're not seeing the equivalent reduction in health effects. Over time, it takes less pollution to make people sick.

Heat Stress

If you are active on hot, smoggy summer days, you need to drink lots of water and electrolyte drinks containing before you are thirsty. By the time you feel thirsty, you may already by dehydrated.

Some of the signs you may have heat stress include: nausea, cramps, clammy skin, dizziness and confusion.

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Liquid assets

My go-to summer wines

If medium- to full-bodied red wines are your favourite tipple you don't look forward to hot summertime weather because they can come across flabbier than the auditions for next season's Biggest Loser.

While no wine likes heat; the deeper, darker flavours of most reds lose their complexity when served with even a hint of warmth. Truth be told, the thought that a red wine should be served at the room temperature of a modern home is baloney. When that old chestnut was thought up they were talking about the room temperature of a house circa the 18th century (so more like 10 - 18˚C).

Lighter reds are the best choice this time of year. Not only do they have more juicy fruit flavours, they really shine when poured with a bit of a chill (as cool as 10˚C). Those from France's Beaujolais region top my list of go-to summer wines with the Georges Duboeuf 2008 Beaujolais-Villages ($13.00 - $17.99) a textbook bright-berry sipper that's well-balanced and very barbecue-friendly.

The Italians often serve their lighter reds with a right-from-the-fridge chill with the Bolla 2008 Valpolicella Classico ($13.00 - $15.25) a cherry-infused easy-drinker that pairs perfectly with pizza and pasta.

PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

Colourful penne & sausage salad

Grilled sausage, pepper and bocconcini pasta salad ◗ A hearty salad that is quick and easy to prepare ◗ Full of colourful and seasonal vegetables with a light, fresh dressing

Makes 4 servings
Prep time: 10 min.
Cooking: 15 min.

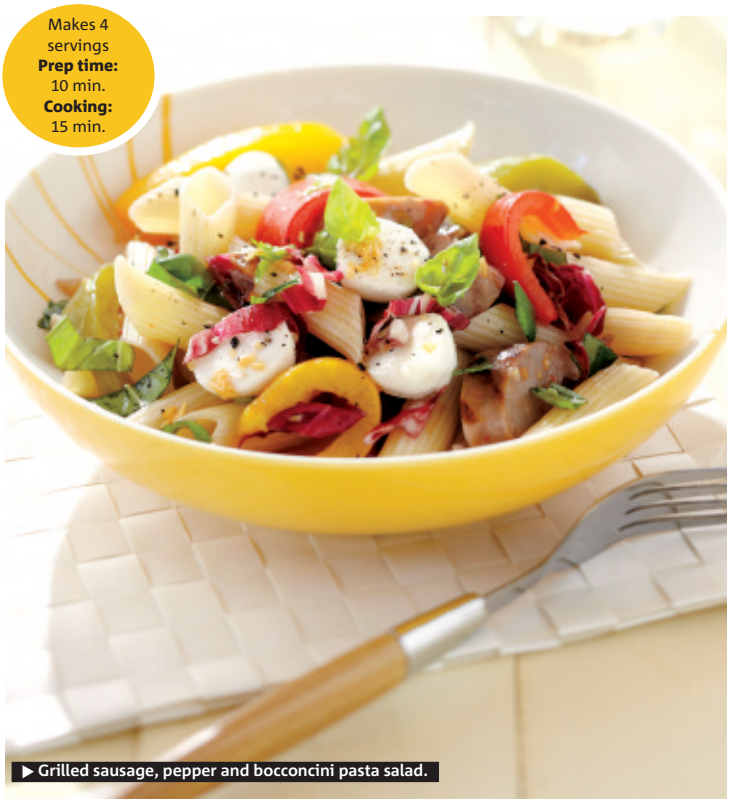
Ingredients:

- 3 cups (750 mL) penne
- 1 large clove garlic
- ¼ tsp (1 mL) salt
- ¼ cup (60 mL) extra-virgin olive oil
- 3 Tbsp (45 mL) red wine vinegar
- ¼ tsp (1 mL) pepper
- 4 hot or mild Italian sausages
- 1 each sweet red, yellow and green pepper
- 1 head radicchio
- 1 container (200 g) small bocconcini cheese
- ¼ cup (60 mL) loosely packed fresh basil, thinly sliced

Preparation:

1. In saucepan of boiling salted water, cook pasta according to package instructions; drain and set aside.
2. Meanwhile, mince garlic with salt. In large bowl, whisk garlic mixture, oil, vinegar and pepper. Set aside.
3. Place sausages and red, yellow and green peppers on greased grill over medium heat; close lid and grill, turning often, until juices run clear when sausages are pierced and peppers are charred all over, 10 to 15 minutes.
4. Cut sausages into bite-size pieces; set aside. Peel, quarter and seed peppers; slice and add to dressing. Toss to coat.
5. Cut radicchio in half lengthwise; remove core. Grill, turning often, until leaves are tender and slightly charred, 5 minutes.
6. Transfer to cutting board; slice. Add to dressing. Add pasta, sausage, cheese and basil; toss to combine.

CONTRIBUTED BY



▶ Grilled sausage, pepper and bocconcini pasta salad.

Sour cherry buckle

Put your tart fruit to the test with this sweet recipe

Makes 12 servings
Prep time: 15 min.
Cooking: 50 min.

Ingredients:

- ½ cup (125 mL) unsalted butter, softened
- ⅔ cup (150 mL) granulated sugar
- 2 eggs
- 1 tsp (5 mL) vanilla
- 1⅓ cups (325 mL) all-purpose flour
- 1½ tsp (7 mL) baking powder
- ¼ tsp (1 mL) salt
- ⅓ cup (75 mL) milk
- 1½ cups (375 mL) drained pitted sour cherries

FILLING:

- 1½ cups (375 mL) drained pitted sour cherries
- ¼ cup (60 mL) granulated sugar

TOPPING:

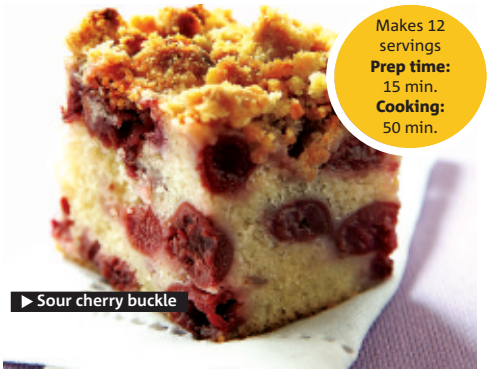
- ½ cup (125 mL) all-purpose flour
- ¼ cup (60 mL) granulated sugar
- ¼ tsp (1 mL) cinnamon
- Pinch salt
- ¼ cup (60 mL) unsalted butter

Preparation (topping):

1. In bowl, stir together flour, sugar, cinnamon and salt. Using fingers, rub in butter, squeezing to form clumps. Set aside.
2. In large bowl, beat butter with granulated sugar; beat in eggs, 1 at a time. Beat in vanilla.
3. In separate bowl, whisk together flour, baking powder and salt; stir into butter mixture alternately with milk, making 3 additions of flour mixture and 2 of milk. Fold in sour cherries. Spread in 9-inch (2.5 L) square metal cake pan.

Preparation (filling):

1. Toss sour cherries with sugar; spread over batter. Sprinkle with topping.
2. Bake in 375°F (190°C) oven until tester inserted in centre of cake comes out clean, 50 to 60 minutes. Let cool on rack.



▶ Sour cherry buckle

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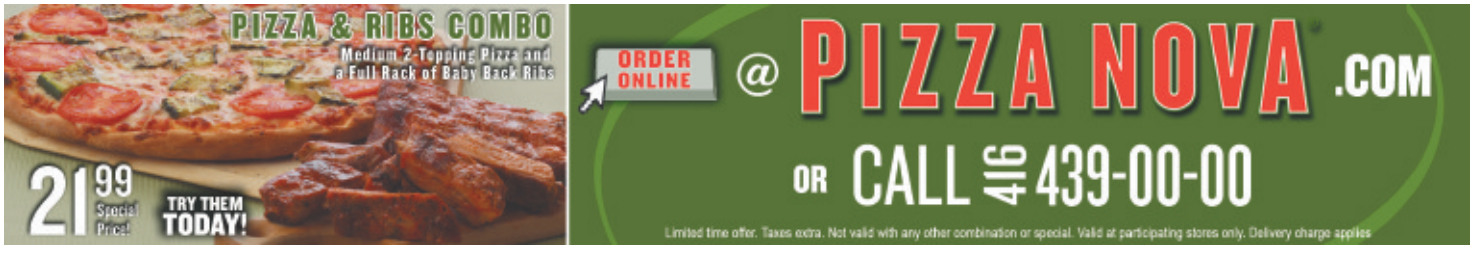


Very berry summer custard pie

A variety of berries give this dessert a tangy-sweet flavour and vibrant colour Save time with this recipe by substituting instant vanilla pudding for freshly made custard.

Ingredients :
- 1 Tenderflake deep dish frozen pie shell
- 2 egg yolks
- ¼ cup (50mL) sugar
- ¼ cup (50mL) flour
- 1 cup (250mL) whole milk
- 2 tsp (10mL) vanilla extract
- Peeled and sliced kiwis
- Rinsed, well-drained berries (raspberries/ blueberries/blackberries)
- Rinsed, well-drained, hulled and sliced strawberries

Serves 6-8
Prep time: 30 to 45 minutes

NEWS CCANADA

▶Very berry custard pie

A summer berry pie is a perfect way to make the most of the fresh fruit that's in season.

This version is easy to make and takes less than 45 minutes. You can save more time by using instant vanilla pudding for the custard instead of making it from scratch. Mix and match seasonal berries to your preference, and also consider adding kiwi.

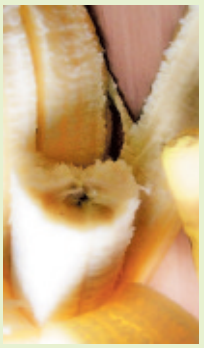
With its tangy-sweet flavour, it's an ideal complement to berries and will add vibrant colour to the pie. More summer pie recipes can be found online at tenderflake.ca.

Preparation:

1. Prepare and bake Tenderflake pie shell according to package directions for a baked pie shell. Set aside to cool.
2. Whisk egg yolks, sugar and flour in a medium bowl.
3. Heat milk in saucepan until almost boiling. Remove from heat; add to egg mixture, ¼ cup (50 mL) at a time whisking continuously, until all of milk has been added.
4. Return custard to saucepan and cook over medium-low heat, whisking continuously, until custard has thickened to a consistency similar to pudding (5-7 minutes).
5. Place plastic wrap directly onto surface of custard (this prevents a 'skin' from forming). Set aside to cool completely.
6. Spoon cold custard into baked pie shell and top with sliced fruit.
7. Serve the same day of making. Refrigerate any leftovers. Before serving, sprinkle with a dusting of icing sugar.

NEWS CANADA

Superfood: Bananas



Bananas are a great source of energy and their high potassium content helps maintain regular blood pressure and heart function as well as bone strength.

They also contain the amino acid tryptophan, essential in helping the body produce serotonin. Known as the brain's very own sedative, serotonin has a calming effect on the brain and consequently helps regulate mood.

ROMINA MCGUINNESS

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Caribbean Cooking

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RICE & PEAS

Prep Time: 5 mins. / Cooking Time: 30 mins.
Serves: 4-6 persons

Ingredients

2 cups (500ml) Grace Coconut Milk Can
2 cups (500ml) water
1 stalk of green onion
1 small onion, chopped
½ tsp. Grace Caribbean Traditions Thyme leaves
1 can Grace Red Kidney Beans
½ tsp. (2.5ml) salt
1 lb. (450g) Grace White Rice
1 whole hot pepper eg: Scotch Bonnet

Method

1. Combine Grace Coconut Milk, Grace Red Kidney Beans and water in a 3 litre (3 quart) pot and bring to a boil.
2. Add the crushed green onion, chopped onion and Grace Caribbean Traditions Thyme leaves, salt and stir. Allow to simmer for 10 minutes.
3. Stir in Grace White Rice and the whole hot pepper, cover and bring to a boil.
4. Lower the flame and allow rice to cook until grains are tender.

Caution: Be careful when stirring to avoid breaking the pepper.

Metro Interview

COURTESY OF COLUMBIA

▶ Javier Bardem and Julia Roberts star in Eat, Pray, Love — an autobiography by Elizabeth Gilbert.

Writing from a place of personal experience, Elizabeth Gilbert wrote Eat, Pray, Love for those lying on the bathroom floor, crying, losing their mind as they battle to keep their marriages together.

ELIZABETH GILBERT ON BEING TERRIFIED AT GETTING MARRIED

NINA ETTRUP
@METRONEWS.CA
METRO WORLD NEWS IN DENMARK

Elizabeth Gilbert's autobiographical Eat, Pray, Love became an international best-seller and is about to be released as a movie starring Julia Roberts. This week her new book Committed was also released in Europe.

Why did you call the book Committed?
The word 'Committed' has two meanings.

One is having a contract, to be connected and the other, obviously, is being admitted to a mental institution. So I'm playing on that a little bit. I like that there's a kind of fierceness to the word – in both meanings. It's got a lot of muscle, it's not a happy-go-lucky word — and that appeals to me, because that goes well with the way we decided to get married.

What were you most afraid of about getting married?
I was afraid of becoming someone else.

I was afraid of the power of the language of marriage. There are so many expectations connected to it, and I was afraid it would cause me to be someone I didn't want to be. I was afraid that marriage would be the end of my privacy and of me being in control.

"I was afraid of the power of the language of marriage."
ELIZABETH GILBERT

What would have happened if you had fallen in love with someone who wanted to get married?
I don't think it was an accident that I fell in love with someone who didn't want to get married, who didn't want any more kids, who doesn't have any trace of traditional views on what men and women are.

That's what I was attracted to. If he had been someone who wanted to get married, I don't think there would have been a second date. And the good thing about neither one of us wanting to get married is that now none of us has a feeling that we were tricked into it by the other one.

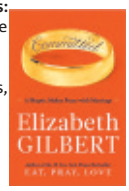
Have you seen anything from the Eat, Pray, Love movie?
I have seen the entire film, and it's really good.

I'm very happy to say that. I would never say anything negative about it – I think it would be tacky to ... criticise what they do, but they've made it easy for me

Get to know her

Just who is this Elizabeth Gilbert?

- **Born:** July 18, 1969 in Connecticut, USA.
- **She lives:** in New Jersey.
- **BA in:** Political studies from New York University.
- **Worked as:** A freelance writer for several magazines, among them GQ, Esquire and The New York Times Magazine.



- **Released her first book:** Pilgrims, in 1997
- **Second and third books were:** Stern Men and The Last American Man.
- **Eat, Pray, Love was released in:** 2006
- **It has sold:** More than 7 million copies worldwide and has been turned into a film starring Julia Roberts. It opens in the US in August.

Smug Marrieds

KATE STEWART & BRET DAWSON
2FORCOUPLES.COM

HONESTLY, WHY NOT JUST TRY HONESTY?

Biting your tongue in front of your partner won't come back to bite you but if you aren't honest with your wealthy friends it certainly could eat away at your wallet.

Q: Is biting your tongue around your partner sometimes the key to a healthy relationship, or best to let everything out?

Bret says...
Here are some clear guidelines. If the thing in your mind is troubling you or making you hurt or making you sad or making you feel weird and lonesome, say it. Tell your partner what's on your mind. Maybe it will turn out to be nothing, or maybe it will spark a fight, but at least you will have let the tension out. Conversely, if the thing in your mind is a ball of mean, and if you have been rolling it around in your head, looking for notches where you can attach hurtful little spikes to it, and if you have been fantasizing about how when you throw it out there it will explode and make your partner feel crumpled and small, bite your tongue.

Then later, when you are alone, apologize. Apologize to yourself. Apologize to everyone you have ever shared a thought with. Understand that you nearly shat in the pool. Be grateful that you didn't.

Kate says...
Yup.

Q: Our couple friends have gotten quite a bit wealthier than us, which poses a dilemma when we go out for dinner together and such. We can no longer afford to split the bills. How do we fess up that we just can't afford their lifestyle?

Bret says...
Are they just rich, or are they rich and also the boss of you? Here is how you afford to split the bill on nights out together: You go to places that serve cheap food and cheap drinks. Colloquially, they are known as "pubs" or "casual dining restaurants." Maybe you have heard of them. When you are making plans with your rich friends, suggest places like these. Then you can go out and have wings and nachos and pitchers of Coors, and when the tab comes, you can go Dutch and everybody's wallet survives the night.

If your friends don't like cheap food and cheap drinks anymore, and if they can't bear to be seen in a restaurant with fewer than two and a half stars, they are losing their taste for life itself.

Wish them every happiness with their new friends, who are also rich and have nothing to talk about but real estate and how hard it is to find a good nanny. Savour the memories of the good old days, and good riddance.

Kate says...
Nothing to be embarrassed about. Just tell them, "We aren't as rich as you and we can't afford to keep going out to these expensive restaurants. Come to our house and we'll barbecue some burgers instead." This is Canada, after all, where everyone pretends we are a classless society. So if you acknowledge your lack of cash, the only possible reaction your friends can reasonably have is, "Oh, of course! No problem! We love burgers!" Anything else would be snotty.

Spread the eggs around

If you want to have your financial cake and eat it too, don't put all your eggs in one basket.

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

I've spent the past couple of weeks debunking various financial myths, such as the investment industry's mantra that buy and hold is the only way to go and that the young can afford to take risks.

However, there is one rule that I (and my granny) wholeheartedly endorse. Don't Put All Your Eggs in One Basket. It's as true of investing and financial planning as it is of pretty much every aspect of life.

The technical name is diversification, but I like the eggs analogy. If you have too many eggs in too few baskets, you risk disaster should the basket (the stock market) fall. We saw it with real estate in the mid-'90s, tech stocks in 2000 and the financial sector in 2008.

Spreading your eggs over a number of baskets is the essence of defensive investing which is absolutely the best approach for most people.

Right now many investors are heavy into gold stocks or resource based mutual funds, which have been riding high. But those sectors will have their day and that day will be done before the average investor realizes what's going on. And it will go down much more precipitously than the rest of the market.

Diversification doesn't just mean spreading those eggs among the various stock market sectors. It also means popping a few into nice safe baskets such as bonds, preferred shares and cash-like investments such as GICs or even just high interest (yeah, I know, an oxymoron these days) savings accounts.

However, avoid the temptation to fling those eggs too far afield as over diversification actually reduces return and increases cost.

We wouldn't need to diversify if we all had shiny, clear crystal balls. But guessing which stock\sector\country is going to boom and for how long has always been a mug's game.

Alison Griffiths' show Maxed Out appears Wednesdays at 10:30 p.m. on W Network. You can find out more at: alisongriffiths.ca

▶ Diversification will reduce the risk you take in investment.

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Before you quit that day-job you hate, get your new business off the ground

Imagine for a moment that you were able to turn your passions into extra income or even a new job. Doing something you're passionate about is one of the easiest ways to make more money.

I've developed a simple income building model, called the Core and Petals, which you can use to turn your passion into more income. Envision a daisy flower with its white petals and yellow core that's connected to the stem which is rooted in the ground. The stem and core take in the nutrients that the flower needs to stay alive. Think of the core and stem of the flowers as your day job. Your job is necessary for your survival. You collect a salary which enables you to pay your bills, keep a roof over your head and food on the table. Without income stability, you're not likely to survive. Now, think of your extra-curricular interests as the petals on the flower. Because you have income stability through your day-job it's actually easier, and way less stressful, to start developing your petals as supplemental streams of income. The number one reason entrepreneurs fail at their business is because they didn't have adequate cash flow. The core and petals model actually encourages you to keep working at your day job and generate regular cash flow, while simultaneously developing your entrepreneurial ideas in your spare time.

What do you need to get started? Take a brief moment to focus on what you love to do in your spare time. Then, think of ways to make money off your interests.

When you're ready, set up a small corporation, partnership or sole proprietorship using a lawyer or independently registering the business.

Then, get started. Make sure your monitor your progress regularly. When your small business is strong enough to become your primary source of income, it then becomes your core and stem. But, it often takes time to develop a sustainable business and therefore it's a good idea to keep your core day-job while you put your plans in place.

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Is your job turning you into a zombie?

If the satisfaction you used to feel at your job is gone, now's the time to find a job that makes you feel alive

DREW HINSHAW
METRO WORLD NEWS

It happens gradually: A job that used to inspire you begins to tire you, one teardrop of boredom at a time.

"Sometimes, people realize that the job they were into at 19 is no longer of any interest or meaning to them," Fearless Career Change author Marky Stein notes.

The distinction to draw, she advises, is whether you're suffering from a fleeting disinterest with the workload at hand — or does your disillusionment burrow soul-deep?

Chances are high, according to CareerBuilder.com, that if you've weathered the recession in the same desk chair, you're feeling wiped out, disinterested, confused. The site says more than a quarter of all workers claim to be dissatisfied with their daily grind — the highest CareerBuilder adviser Allison Nawoj has seen it. It's a probable consequence, she speculates, of taking on "I never signed up for this" tasks like administration, accounting, and other types of tedium that turn a job into a daytime snooze.

"If you feel that your job is taking away from your creativity, your mental well-being, or you're physically burnt out, it's time to step back."
ALLISON NAWOJ

"A job should open you up, creatively, mentally, or physically," Nawoj proposes. "If you feel that your job is taking away from your creativity, your mental well-being, or you're physically burnt out, it's time to step back."

To move on or not? The checklist

Before you chuck your day job into the dustbin of broken dreams, make sure you've "mastered it to your own satisfaction," Stein recommends. "You want to make sure you come out with industry knowledge," agrees Nawoj. Plus, consider the possibility that landing your ideal gig may not mean galloping out of the office into utter joblessness, but just pressing a bigger number on the elevator wall.

ISTOCK

▶ Is that same job you dreamed of as a 19-year-old now turning you in the walking dead?

News in brief

Challenges hiring at university

JOBS AT SCHOOL Beyond funding constraints, there are two key factors driving the current difficulties in university hiring in Canada, according to a new report titled Courting Success in Senior Hiring at Canadian Universities and reported by Academica Group. One factor is the increasing professionalization of universities themselves, as senior positions require more specialized skill sets. The other is shrinking candidate pools, which have necessitated increased recruitment from outside academia at all levels of senior hiring, with mixed results. The basic remedy, the report states, is to work actively at widening the talent pool, the report urges. **METRO NEWS SERVICES**

Student labour market getting better

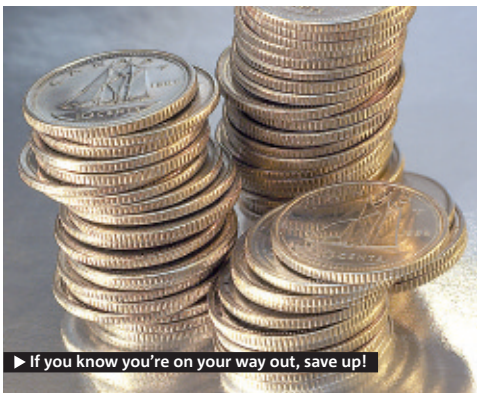
JOBS AFTER SCHOOL Compared to the same month a year earlier, employment among students aged 20 to 24 increased by 63,000 in June 2010. This increase pushed their unemployment rate down 3.7 percentage points to 10.3 per cent. Despite the improvement, the unemployment rate for 20- to 24-year-old students remains above the 9.2 per cent recorded in June 2008, a summer when student employment was particularly strong. For 17- to 19-year-old students, their employment edged up 11,000 from June 2009. Their unemployment rate dropped 2.1 percentage points to 16 per cent last month, but remains well above the rate of 11.7 per cent observed in June 2008.
STATISTICS CANADA

Save up for the jobless plunge

For some people, work gets so unbearable they have to quit, even before landing a new job. But, before you leave make sure you've at least got some money saved up.

Mathieu Paradis, a financial advisor with Ottawa-based Wealth Strategies, says four months of savings works for someone with strong job prospects, but six months may be better if you're searching for your ideal job.

If you know you want to leave in a few months, start saving now. "Put a bit of every paycheque in a short-term savings account so when you've had enough you have the financial freedom to change jobs." **BRYAN BORZYKOWSKI**



▶ If you know you're on your way out, save up!

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ISTOCK

If you want to learn another language try to speak it and be around people speaking it to get the best results.

DREW HINSHAW
METRO WORLD NEWS

English may be the lingua franca of the business globe, but if you're not up for a rendezvous with a language prof, you could be drawing your own limits.

"Foreign languages these days have only advantages," notes global citizen coach Elizabeth Kruempelmann — and that's not just for the time zone-trotting polyglots who close deals in foreign restaurants before jetsetting to exotic airports.

A little bit of Deutch, Español, Swahili, or Urdu can usher in opportunities to the average joes working the airports, and the restaurants, too.

"We're talking about millions of jobs," says Elizabeth Lunney, CEO of New York's ABC Language Exchange. "It can be service industry, health industry, anything where learning a language is going to help you interact."

If you've never fathomed a foreign tongue, the idea of climbing from language-deaf to conversational may seem daunting. That's why Lunney recommends you "be brave in the language."

"Once you get over the fear of speaking, learning becomes much easier," agrees Kruempelmann. Besides, she adds, "it's the speaking that companies are looking for."

It's a good habit, both concur, to seek out sympathetic native speakers — people patient enough to smile while you disfigure their verbs.

"In any metropolitan area, there will be groups that speak the language you're learning," Kruempelmann says.

Start with a restaurant, the French bistro or the Nigerian chop bar — "that can be fun," Kruempelmann adds, and language learning should be.

"You have to treat this like an adventure," offers Lunney. "Just take it one step at a time. If you keep at it, you'll get there."

"In any metropolitan area, there will be groups that speak the language you're learning."
GLOBAL CITIZEN COACH ELIZABETH KRUEMPELMANN

Timeline

- **In three months:** "If you do your homework," Lunney says, "you'll have enough to go to that country and navigate."
- **One year:** Proficiency. "You could probably go to a business meeting, follow quite a bit of it, and communicate what you want to say," Lunney suggests.
- **Beyond:** "It takes years to conduct a business meeting," Lunney warns. "It's a lot of work."

DREW HINSHAW

NEWS CANADA PHOTO

When you do you taxes, remember the educational credits.

Let tuition help you at tax time

Detailed below are four essential tax tips for post secondary students offered by the Certified General Accountants of Ontario pertaining to tuition fees and education credits:

Full-time students may claim a federal credit of 15 per cent of their eligible tuition fees, plus an education credit of 15 per cent of $400 per month in 2010. Students registered to attend part-time studies may also claim the tuition fee credit of 15 per cent of eligible fees; in addition, they may deduct $120 a month toward the 15 per cent federal education tax credit.

Students with disabilities may be enrolled part-time to qualify for a full-time credit. Individuals with disabilities who are enrolled in approved Human Resources and Skills Development Canada (HRSDC) or equivalent provincial/territorial-approved training programs can also deduct those related expenses.

The education tax credit also applies to students who are pursuing career-related, post-secondary education at their own expense (e.g., the CGA program of professional studies). NEWS CANADA

Taking control financially

"Taking control of your finances means a little upfront planning with a budget," says Kavita Joshi, director of Student Markets at RBC.

- Joshi recommends students use tools like RBC's Better Student Life website (to learn about money management), and Student Budget Check (to calculate what you can spend to get through the school year). You can find this information at betterstudentlife.ca.
- She also notes that you should decide when and how to take on debt — if you have some student debt, consider the level you're comfortable with, and how it influences your spending decisions.

NEWS CANADA

News in brief

Sports facility for Humber College Lands?

EDUCATION A group of businessmen in Orangeville, Ont., north of Toronto, is asking the municipality to help them secure eight acres of land for a 6,500-square-metre indoor sports facility, and the group would like to have the building situated at the Humber College lands. METRO

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Get Smart

JACQUELINE HANSON
FOR METRO TORONTO

MAKING YOUR APPLICATION REFLECT YOU

How important is a scholarship application? "It's like going for a job interview," says Sharon Tracy, manager of Financial Aid and Scholarship/Bursary Plans at Seneca College.

Scholarships are non-repayable awards given to students to recognize the high level of excellence they've achieved. Some scholarships are automatically part of the admissions process for a college or university, while many others require separate and criteria-specific applications. Tracy says applications are an opportunity for students to "sell themselves" in order to stand out and benefit from the financial assistance that comes with an award.

Many scholarships are based on more than academic achievements; they also require school and community involvement, or leadership qualities. When applying for scholarships you probably won't have the opportunity to meet whoever does the evaluating, so your application must reflect you as best as possible — from your interests to your accomplishments, your work and volunteer history to your extra-curricular participation. Be aware of the clarity of your handwriting, spelling and general presentation; but most importantly, be sure to answer questions fully and in a focused way.

To help transform experiences into thoughtful writing, try creating an inventory of strengths and write examples that illustrate each one. Scholarship applications typically ask about your personal experiences, whether that means overcoming obstacles or showing initiative. Rather than waiting until your applications are due, start now and add to your record on an ongoing basis. This can help you to be more reflective of your experiences and less likely to overlook anything important.

Well-developed writing will interest and involve the reader. If you are allowed 1,000 words to describe why you are the best candidate, use all of them to your advantage. Tracy says, "If we have two applications for scholarships and they're of equal merit, then it is the one who provides additional information to support their application that will tip the balance in their favour."

Scholarships can take the pressure off

ISTOCK

▶ Do you homework, there are 23,885 scholarships available for students in Canada.

Do you research, lots of small grants and bursaries available

RAF BRUSILOW
FOR METRO CANADA

Post-secondary education is never cheap yet a wealth of available scholarships, grants and bursaries could take some of the financial burden off of your educational journey.

Website scholarshipscanada.com that tracks Canadian scholarships currently lists details for 23,885 scholarships offered by educational institutions throughout Canada and not all of them are based strictly off of your grades.

Once you've got your resume polished, here are some tips to get you ready for some web-surfing and letter-writing in your search for educational cash:

Distinguish yourself

Many scholarships are originally created to help students who either have specific personal qualities (like background, economic level or grade point average) or are entering a specific field of study, so make sure you keep in mind what makes you special as you apply for scholarships.

Spread the net wide

Spend as much time as you can spare conducting your scholarship search — there are literally thousands of scholarships, each one usually carrying unique requirements for candidacy and aimed at distinctly different demographics of potential student.

Every little bit helps

While everyone dreams of snatching those rare, large scholarships worth thousands of dollars, there are many more small scholarships readily available that offer sizeable funds and are much easier to compete for.

Hit the target

Here are some helpful places to start your search:

- canlearn.ca
- cmsf.ca

Taking a look at teaching Montessori

KEITH CARMEN
FOR METRO TORONTO

Teaching is one of the world's most important jobs. Still, public sector positions are evaporating faster than ice cubes on a summer sidewalk.

Privately, however, there has never been a better time to become an instructor says Gregory Dixon, representative for Montessori Teachers College (MTC).

"(This is) something that we are incredibly proud of," Dixon notes, adding the MTC's host of credits in order to affirm the merit and portability of their diplomas. "We are very involved in the Montessori community and are well-known for our world class teachers, taught through the MACTE (Montessori Accreditation Council for Teacher Education). We are also registered as a Private Career College with the Ministry of Training, Universities and Colleges, and are a member of the CCMA (Canadian Council of Montessori Administrators)."

New courses

▶ This academic features diploma courses for those interested in teaching infants/toddlers from birth through three years, young children from two-and-a-half through six years and elementary children aged six through nine years of age.

Since its 2005 inception with the Early Childhood Development (ECD) course, MTC has become one of Ontario's most prominent/accomplished instructional programs. Thanks to that success, Dixon reveals that MTC is expanding its variety of programs this year in order to broaden both their areas of assistance to youth and employment opportunities for adults.

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Bringing movies to the students with the NFB

Program teaches teachers to use video in the classroom

RAF BRUSILOW
FOR METRO TORONTO

Students already love movies, so getting them to use video in the classroom seems like a natural fit — as long as their teacher knows how to make it happen.

For the second year in a row, the National Film Board of Canada (NFB) Mediatheque Summer Institute is offering a three-day program of workshops on teaching all aspects of film literacy and production. The program is open to teachers of grades 3-12 and will run August 23-25.

Lindsay Wright, the NFB's supervisor of operations and education programs, says the first Summer Institute was a big hit and she hopes the program again shows teachers just how effective and easy the use of film production in the classroom can be.

"We're hoping to dispel the myth that media education and production is difficult to implement in the classroom," Wright said.

Featured workshops on subjects like video and sound editing, stop-motion animation, live-action production and digital storytelling will throw teachers into hands-on activities they can later repurpose for their own students and that fit the Ontario Ministry of Education Curriculum.

As media outlets like television, films and the Internet continue to take centre stage in people's lives, Wright says teaching media literacy skills is crucial to helping students navigate media landscape and learn to express themselves.

SUBMITTED

▶ NFB workshop gives teachers hands on video training.

Just the facts

- NFB Mediatheque Summer Institute runs Aug. 23-25, 9 a.m. – 3:30 p.m.
- Registration fee: $275
- Suitable for teachers of grades 3-12 in subjects like social studies, language arts, media arts and visual arts.
- The program includes a light lunch served daily.
- Featured topics include:
  - using budget-friendly animation and live-action filmmaking in the classroom
  - creating short films from start to finish
  - strengthening media literacy skill development in the classroom
  - using film to discuss important social issues
- For more information call 416.973.2380 or email l.wright@nfb.ca

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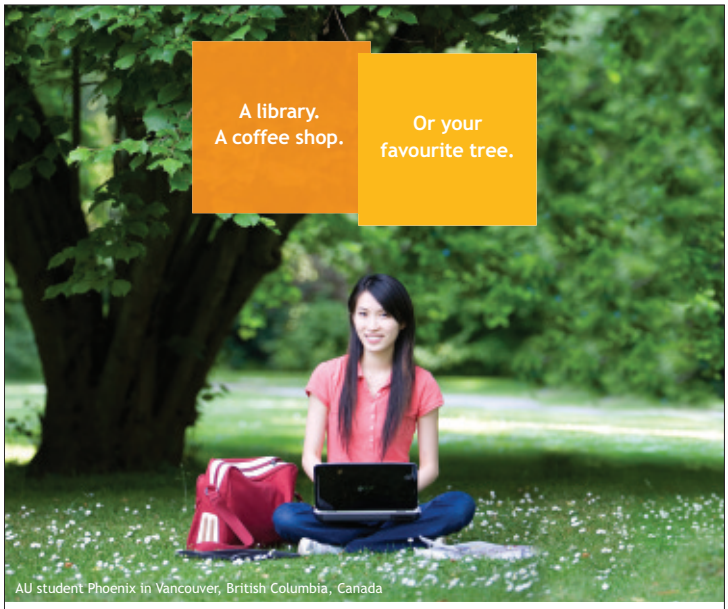

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Fisher picks Lakers over Heat

Although Derek Fisher thought about joining that burgeoning superteam in Miami, he's staying in the Los Angeles Lakers' own collection of stars.

The veteran point guard said yesterday he'll re-sign with the Lakers, sticking with Kobe Bryant and the defending two-time NBA champions after speaking with several teams as a free agent.

"I have decided to continue with Kobe, continue with our teammates and the fans of Los Angeles," Fisher said in a statement on his website.

"While this may not be the most lucrative contract I've been offered this off-season, it is the most valuable. I am confident I will continue to lead this team on and off the court. Let the hunt for six begin."

The five-time NBA champion said he considered contract offers from several teams in the past two weeks after playing a key role in the Lakers' championship repeat.

He spoke with the Heat last weekend, entertaining the prospect of running an offence for LeBron James, Dwyane Wade and Chris Bosh, who all left free-agent money on the table to sign teammates of Fisher's ability.

Fisher averaged 7.5 points and 2.5 assists last year.

THE ASSOCIATED PRESS

CHRISTIAN PETERSEN/GETTY IMAGES

▶ Derek Fisher will stay with the Lakers.

Can NL bust out of all-star slump?

Senior Circuit hasn't won game for 13 years ◐ NL looks to elite group of pitchers to turn tables

Ryan Howard is sick of all the talk about the American League's dominance in the all-star game.

The Phillies slugger knows all too well it's been 13 years of AL bragging rights. And, no, that wacky 7-7 tie in 2002 did little to boost NL morale in baseball's Midsummer Classic.

In this year of the pitcher, the National League is downright loaded, even for an all-star game with the best of the best coming to Orange County tonight.

"This should be the year for us to go out there and hopefully end this drought," Howard said.

"I'm getting tired of hearing about the American League winning and how long they've won, every year for the last 13 years or whatnot. Basically go out there and try to change it up."

"I'm getting tired of hearing about the American League winning and how long they've won."
RYAN HOWARD

There's Colorado 15-game winner Ubaldo Jimenez starting at Angel Stadium. In the bullpen: Marlins ace Josh Johnson, Mr. Perfect Roy Halladay and two-time reigning NL Cy Young Award winner Tim Lincecum. And so on.

The AL run is one of the more perplexing streaks in sports. Is it simply a quirk, or evidence of true dominance? The American League has ruled interleague play for several years, and also done well in the World Series, winning four of the last six titles.

THE ASSOCIATED PRESS

JAE C. HONG/THE ASSOCIATED PRESS

▶ Ubaldo Jimenez smiles while speaking at a news conference yesterday.

Hawks match Sharks' offer

The Chicago Blackhawks, who have lost seven players since winning the Stanley Cup a month ago, said yesterday they plan to keep 23-year-old restricted free agent defenceman Niklas Hjalmarsson.

Calling Hjalmarsson one of his team's "core" players, Blackhawks general manager Stan Bowman said yesterday that Chicago will match the four-year, $14 million US offer sheet the defenceman signed with the San Jose Sharks last week. Bowman said the team would complete the paperwork within the next day.

$59.4M
Since winning the Stanley Cup, the Blackhawks have shed seven players to remain under the NHL's $59.4 million cap for next season.

Hjalmarsson earned $660,000 last season. The Swede averaged a just under 20 minutes of ice time per game in the regular season and 21 minutes in the playoffs as the No. 4 defenceman behind Norris Trophy winner Duncan Keith, Brent Seabrook and Brian Campbell.

THE ASSOCIATED PRESS

Sports in brief

Spanish team returns home

MADRID. Spain's football team returned home to a jubilant nation and a huge fiesta yesterday after winning the World Cup, finally giving Spaniards a break from months of economic gloom and political squabbling.

NCAA adds to March Madness

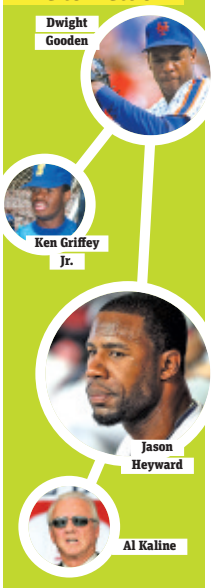
TOURNAMENT. The NCAA has decided to add a new round to the NCAA men's basketball tournament next year, when the field expands to 68 teams.

The men's basketball committee announced its plans yesterday for four early games, with the winners earning their way into the 64-team second round.

THE ASSOCIATED PRESS

4 sports

The connection



Can you guess the connection between these baseball players? Answer below.

CONNECTION ANSWER: ALL PICKED FOR ALL-STAR GAME BEFORE THEY TURNED 22.

Quoted

"I think they like watching him play, to be honest with you."
BRAVES MANAGER BOBBY COX, ON WHY FANS HAVE TAKEN TO JASON HEYWARD.

Scan the code for news

Raps continue remake

Complex trade nets Raptors Barbosa, Diaw and Chandler Calderon, Turkoglu and Evans shipped off in deal that could soon become official

The Toronto Raptors are bigger and faster and entirely Bryan Colangelo's as the latest roster re-jigging is close to completion.

In a major trading binge, the president and general manager got rid of the last playing link to the previous era yesterday and began charting a new course for the future.

By dealing away Jose Calderon — the last remaining player from the Rob Babcock days — along with Hedo Turkoglu and Reggie Evans, and adding Leandro Barbosa, Boris Diaw and Tyson Chandler, Colangelo is now solely responsible for the entire roster.

League sources say the complex trade won't be done until today at the earliest. The NBA must be satisfied it meets salary cap rules and the conference call to deal with that wasn't held yesterday.

But sources have confirmed Toronto plans to move Turkoglu to Phoenix, Calderon and Evans to Charlotte and take back the Suns' Barbosa and Diaw and Chandler from the Bobcats.

TORSTAR NEWS SERVICE

LISA BLUMENFELD/GETTY IMAGES

▶ Leandro Barbosa is headed to the Raptors.

By the numbers

$14.5M

The Raptors' moves will leave intact the $14.5-million U.S. trade exception the Raptors got from the sign-and-trade departure of Chris Bosh last week.

$30M

The financial end of the deal will result in some large long-term savings for the Raptors. While the next collective agreement could change things, Toronto is saving about $30 million in salary obligations.

12.4

Tyson Chandler averaged 12.4 rebounds a game in 2006-07, his best season. Last year he averaged 6.3. For his career, he has a field goal percentage of 0.557 with 8.1 points per game.

$45.8M

Barbosa has two years and $14.7 million left; Diaw two years and $18 million; Chandler gets $13.1 million this coming season. Going the other way, Turkoglu still has four years and about $40 million left on his deal; Calderon three years and almost $30 million; Evans' deal, worth just more than $5 million, expires at the end of next season.

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YONGE ST & LAWRENCE	3000 Yonge St	Bachelor $825 1 Bd from $995 Penthouse $1650	416-529-1697	One month free on select suites
AVENUE/ST.CLAIR	425 Avenue Rd	Bachelor Apartments $825 1 Bd $1075	416-526-8982	One month free on select suites
NORTH YORK				
KEELE & LAWRENCE	2050 Keele St	Jr 1 Bd $785 1 Bd $835 2 Bd $975 3 Bd $1160	416-529-3867	Ask about our rental incentives
JANE & LAWRENCE	1755 Jane St	Jr 1 Bd $775 1 Bdrms $825 2 Bdrms $975	416- 529-8964	Ask about our 1st mth free move in incentive
BATHURST & STEELES	6000 Bathurst	Bach $825 1 Bd $1000 2 Bd $1135 3 Bd $1375	416-529-3867	One month free on select suites
SCARBOROUGH				
KENNEDY & 401	4a Antrim	1 Bdrms from $885 2 Bdrms from N/A	416-529-9644	Utilities included, Ask about our 1 mth free move in incentive
MISSISSAUGA				
LAKESHORE & CLARKSON GO*	2150 Bromsgrove Rd	1 Bdrms $995 2 Bd from $1135	416-529-1761	Ask about our 1st mth free move in incentive

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* HAS YET TO BE CERTIFIED

O'SHANTER Managing to do the right thing

Slowly shifting back into gear

Tagliani confident in the shape of his sport as Toronto's IndyCar event nears

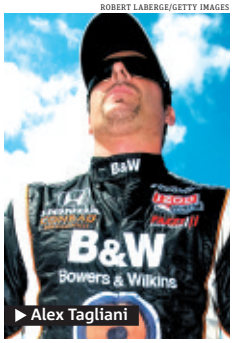
It got to the point where even Alex Tagliani's parents would lose track.

They knew their son was an ascendant star in open-wheel racing, loaded with passion and potential, but they were not always sure exactly where he would be competing, or against whom. Was their boy part of Champ Car? Or was it the Indy Racing League?

"I'm their son, I'm their driver, and they're confused," Tagliani said. "Imagine the other fans."

The split between the two series lasted for 12 years, confusing sponsors as well as fans. Its effects are still being felt in Canada, where race organizers are working to heal wounds opened by the sometimes bitter feud, more than two years after it ended with a diplomatic reunification.

ROBERT LABERGE/GETTY IMAGES



▶ Alex Tagliani

Toronto's once-mighty race returned to the calendar last year following a forced year-long hiatus, and was greeted with sparsely populated grandstands. Edmonton's event has reportedly lost $9.2 million over the last two years, and Canada's golden generation of drivers, led by Jacques Villeneuve and Paul Tracy, has given way to a group struggling to secure rides on a consistent basis.

Tagliani is confident that, as the unified IZOD IndyCar Series shifts its gaze to Canada for the next two weeks, supporters and sponsors will see a sport slowly shifting back into gear.

"I think Canadian racing is healthy and rebuilding, at the same time," he said. "You will see a new image, you will see a lot more action."

The Honda Indy Toronto is Sunday while the Edmonton race goes July 25.

THE CANADIAN PRESS

Scoreboard

BASEBALL

AL EAST

	W	L	Pct	GB
NEW YORK	56	32	.636	-
TAMPA BAY	54	34	.614	2
BOSTON	51	37	.580	5
TORONTO	44	45	.494	12.5
BALTIMORE	29	59	.330	27

AL CENTRAL

	W	L	Pct	GB
CHICAGO	49	38	.563	-
DETROIT	48	38	.558	.5
MINNESOTA	46	42	.523	3.5
KANSAS CITY	39	49	.443	10.5
CLEVELAND	34	54	.386	15.5

AL WEST

	W	L	Pct	GB
TEXAS	50	38	.568	-
LOS ANGELES	47	44	.516	4.5
OAKLAND	43	46	.483	7.5
SEATTLE	35	53	.398	15

NL EAST

	W	L	Pct	GB
ATLANTA	52	36	.591	-
NEW YORK	48	40	.545	4
PHILADELPHIA	47	40	.540	4.5
FLORIDA	42	46	.477	10
WASHINGTON	39	50	.438	13.5

NL CENTRAL

	W	L	Pct	GB
CINCINNATI	49	41	.544	-
ST. LOUIS	47	41	.534	1
MILWAUKEE	40	49	.449	8.5
CHICAGO	39	50	.438	9.5
HOUSTON	36	53	.404	12.5
PITTSBURGH	30	58	.341	18

NL WEST

	W	L	Pct	GB
SAN DIEGO	51	37	.580	-
COLORADO	49	39	.557	2
LOS ANGELES	49	39	.557	2
SAN FRANCISCO	47	41	.534	4
ARIZONA	34	55	.382	17.5

Today's game

All-Star Game (at Anaheim, Calif.), 8:05 p.m.

Home run derby winners

2010 - David Ortiz, Boston Red Sox (Angel Stadium)
2009 - Prince Fielder, Milwaukee Brewers (Busch Stadium)
2008 - Justin Morneau, Minnesota Twins (Yankee Stadium)
2007 - Vladimir Guerrero, Los Angeles Angels (AT&T Park)
2006 - Ryan Howard, Philadelphia Phillies (PNC Park)
2005 - Bobby Abreu, Philadelphia Phillies (Comerica Park)
2004 - Miguel Tejada, Baltimore Orioles (Minute Maid Park)
2003 - Garret Anderson, Anaheim Angels (U.S. Cellular Field)

MLS

EAST CONFERENCE

	GP	W	L	T	GF	GA	Pts
COLUMBUS	14	8	2	4	20	12	28
NEW YORK	15	8	5	2	18	17	26
TORONTO FC	14	6	4	4	17	15	22
CHICAGO	14	4	5	5	18	19	17
N.ENGLAND	15	4	9	2	15	26	14
KANSAS CITY	14	3	8	3	11	19	12
D.C. UNITED	15	3	9	3	11	25	12
PHILA.	13	3	8	2	16	25	11

WEST CONFERENCE

	GP	W	L	T	GF	GA	Pts
LOS ANGELES	16	11	2	3	25	7	36
SALT LAKE	15	9	3	3	28	11	30
SAN JOSE	14	6	4	4	18	16	22
COLORADO	14	6	4	4	16	13	22
FC DALLAS	14	5	2	7	17	13	22
HOUSTON	16	5	7	4	21	22	19
SEATTLE	16	4	8	4	17	24	16
CHIVAS USA	15	4	9	2	17	21	14

Tomorrow's game

Kansas City at Columbus, 7:30 p.m.

Thursday's game

Seattle FC at D.C. United, 8 p.m.

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
MONTREAL	2	1	1	0	84	77	2
WINNIPEG	2	1	1	0	83	65	2
TORONTO	2	1	1	0	52	64	2
HAMILTON	2	0	2	0	51	72	0

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
SASK.	2	2	0	0	91	69	4
CALGARY	2	2	0	0	53	38	4
B.C.	2	1	1	0	43	47	2
EDMONTON	2	0	2	0	33	58	0

Touchdown leaders

	TD	RU	RC	RT	O	P
THIGPEN, HAM	3	0	1	3	0	24
EDWARDS, WPG	3	0	3	0	0	18
WATKINS, MTL	3	0	3	0	0	18
CATES, SASK	2	2	0	0	0	12
DURANT, SASK	2	2	0	0	0	12
FANTUZ, SASK	2	0	2	0	0	12
GREEN, MTL	2	0	2	0	0	12

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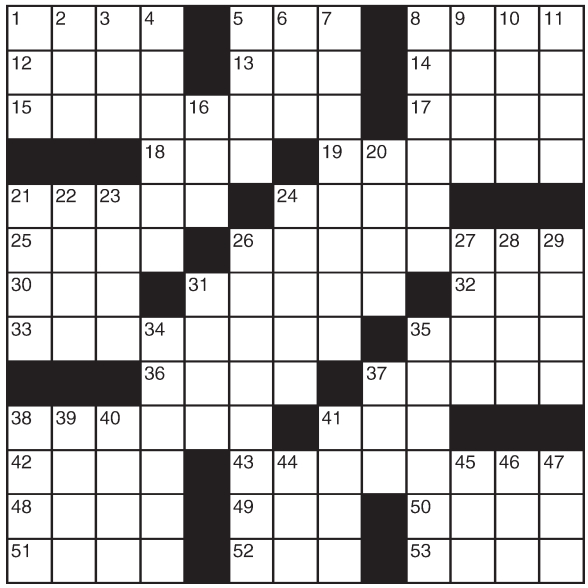
Crossword



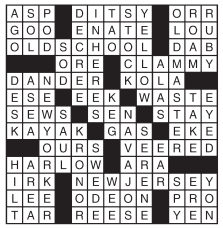
Across

1 Options list
5 Calf's mama
8 Cutting tools
12 On
13 Lawyers' org.
14 Witticism
15 "Th-th-th-that's all, folks!" speaker
17 Radius' neighbor
18 Dine on
19 Report card data
21 Scatter about
24 Talon
25 Bound
26 Have lofty goals
30 Author Fleming
31 Meat cut
32 Yoko of music
33 Oilfield structure
35 Mil. alliance since 1949
36 Crazy one
37 Vice President Burr
38 "The Georgia Peach"
41 Doctrine
42 Inter
43 Baseball commissioner
48 Coaster
49 Prior to
50 Vega's constellation
51 Church furniture
52 "CSI" evidence
53 Favorable votes

Down

1 Chart
2 DDE's command
3 Neither mate
4 Maintenance
5 Army rank (Abbr.)
6 Japanese sash
7 Swaying from side to side
8 Complain
9 "— Lang Syne"
10 Sommelier's suggestion
11 Hot tubs
16 Deviate off course
20 File crosser
21 Lost traction
22 Rip
23 Hindu royal
24 Mountain range
26 Pulsated
27 Papa pig
28 Really enjoying
29 Hoodlum
31 Unkempt one
34 Famed London insurers
35 To wit
37 Fool
38 Recipe meas.
39 Christmas
40 Rowing team
41 Concept
44 Coffee shop vessel
45 Caustic solution
46 George's brother
47 State of matter

▶ Yesterday's answer



Sudoku

	3		6		7		9	
7								1
		2	8		9	5		
	4		5	7	3		8	
	6						5	
	5		1	6	2		4	
		5	3		1	6		
8								5
	2		9		6		7	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

4	1	3	2	7	8	6	9	5
5	2	8	9	6	4	1	3	7
6	7	9	5	3	1	8	4	2
1	8	7	6	5	9	3	2	4
9	4	2	8	1	3	5	7	6
3	6	5	4	2	7	9	8	1
2	9	4	1	8	6	7	5	3
8	3	6	7	4	5	2	1	9
7	5	1	3	9	2	4	6	8

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Dear Big Daddy: Don't worry too much babe. You will be okay and all this is just a test of your amazing strength. This too shall pass. I love you forever.
SUNNY XOXOX

NJR, the last 3 years have been the best years of my life. I wouldn't be where I am today if it wasn't for you. I'd love to be yours forver. 143BB
ANOTHINY

Richard: I am so sorry that our relationship (friendship) ended. I don't know how or why it did. I know I ran scared, as always. I just wanted to tell you, I love you.
X BUILDING MANAGER

Hey, Daysi I love you so much!! Days I m alone without are days I miss you alot, when Days I m with you are the most amazing days of my life! **SEXY**

The Weather Network ©The Weather Network 2010

Today	Wednesday	Thursday
Thundershowers 60%	Partly cloudy	Mainly sunny
25° / 21°	29° / 21°	31° / 22°

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Get your head out of the clouds and get stuck into your work. Even if you are the kind of Aries who prefers to leave details to other people you will quite enjoy getting involved in the finer points today.

♉ Taurus April 23-May 21 Venus, your ruler, will sweep away the negative atmosphere both at home and at work and life will be fun again.

♊ Gemini May 22-June 21 If you made an error of judgment yesterday or over the weekend you must own up to it now. There is no doubt you will be forgiven but others' generosity won't extend beyond the next 24 hours. You have been warned.

♋ Cancer June 22-July 22 Make an effort to communicate with someone you desperately want to get back on good terms with. They will appreciate that effort.

♌ Leo July 23-Aug.23 There is nothing you cannot accomplish if you want it enough and if you put both your heart and your mind into making it happen. Do whatever it takes to realize your dream.

♍ Virgo Aug. 24- Sept. 22 Venus in your birth sign does wonders for your confidence, especially in one-to-one relationships, so now is the time to let that special person know how much you care for them. They care for you too — and they'll show it.

♎ Libra Sept. 23-Oct. 23 This is a good time to stand back from your life a little and take stock of where you have been and where you intend to go in the future.

♏ Scorpio Oct. 24-Nov. 22 You have never been the kind to accept second best and you are not about to start now. However, you are unlikely to get what you want through coercion, so why not try persuasion instead?

♐ Sagittarius Nov. 23-Dec. 21 Your popularity on the work front will reach new heights today and if ever there was a time to push for a promotion or raise that time is now. Let your boss know why you are worth your weight in gold.

♑ Capricorn Dec. 22-Jan. 20 Pluto in your sign is enlivened by Venus, planet of emotional and material values, over the next 24 hours, so positive news about your money situation or a relationship will cheer you up no end.

♒ Aquarius Jan. 21-Feb. 18 A situation that has been worrying you will be resolved to your complete satisfaction today and you will be glad that you did not impose a solution on it as some people suggested.

♓ Pisces Feb. 19-March 20 The Sun in Cancer means this is a fortunate time for you and whatever you do over the next few days will be a complete success. **SALLY BROMPTON**

Caption contest

GE YUEJIN/THE ASSOCIATED PRESS/XINHUA

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(including service charges): $286
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(including service charges): $286

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(including service charges): $296

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Sept. 5 • 1 wk.

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(including service charges): $296

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MSRP $15,524

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PLUS **0%** PURCHASE FINANCING‡ FOR **60** MONTHS

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HWY: 5.7 L/100 km – 50 mpg CITY: 7.5 L/100 km – 38 mpg†

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LS Sport with OnStar shown††

LT model with Team Canada Edition Package shown††

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HWY: 5.7 L/100 km – 50 mpg CITY: 7.5 L/100 km – 38 mpg†

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$1,500 GM CARD MAX. REDEMPTION ALLOWANCE†

LT Platinum Edition model shown††

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MSRP $28,814

EMPLOYEE PRICING **$25,246***

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HWY: 6.7 L/100 km – 42 mpg CITY: 10.8 L/100 km – 26 mpg†

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